Wednesday's Jackpot
$3,500,000 estimated
LOTTO 649

A NEW SEASON (OF TV) IS UPON US
METRO RATES THE TOP FALL SHOWS {page 29}

STEER CLEAR OF A ROOMMATE NIGHTMARE

{page 49}

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Tuesday, September 28, 2010
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Milan. Stylin' and profilin'

▶ Green and Fox.

VITTORIO ZUNINO CELOTTO/GETTY IMAGES

Fox and fellow hit Fashion Week

Brian Austin Green and Megan Fox pose for photos yesterday at the Giorgio Armani Spring/Summer 2011 fashion show during Milan Fashion Week.

By window shopping

Website payment systems have improved, shoppers more comfortable online, expert says Online browsing translates into in-store sales: StatsCan study

More Canadians were using the Internet to "window shop" before buying, a trend that has increased as online shopping becomes more mainstream, says Statistics Canada.

Canadians ordered $15.1 billion worth of goods and services on the Internet last year, up from $12.8 billion in 2007.

"A lot of Canadians are going online to inform themselves, and then for other reasons they're then making the final purchase in a retail location," the agency's senior research analyst Larry McKeown said.

In 2009, more than half of Canadians went online to "window shop" — to browse or research items — up from 43 per cent in 2007, the study said.

Virtual window shopping for goods such as electronics, furniture, appliances and cars came before the in-store purchase for Canadians, McKeown said.

"They want to be able to test drive what they're buying, they want to be able to open that refrigerator door, they want to be able to sit in the driver's seat of the car," he said.

"So that's why we're suggesting the Internet is complementing retail in some categories."

THE CANADIAN PRESS

Trend toward e-commerce

- **Popular buys** StatsCan found Canadians were using the Internet to order travel services and entertainment products (such as concert tickets), followed by clothing, jewelery and accessories.
- **Younger users** Of Canadians younger than 35, two-thirds go online to window shop.
- **Plenty of orders** In 2009, Canadians placed more than 95 million orders online, up from 70 million orders in 2007.
- **Gaining popularity** Overall, 39 per cent of Canadians aged 16 and older placed orders online last year, compared to 32 per cent in 2007.

Metro Wellness

Fare thee well, T.O.

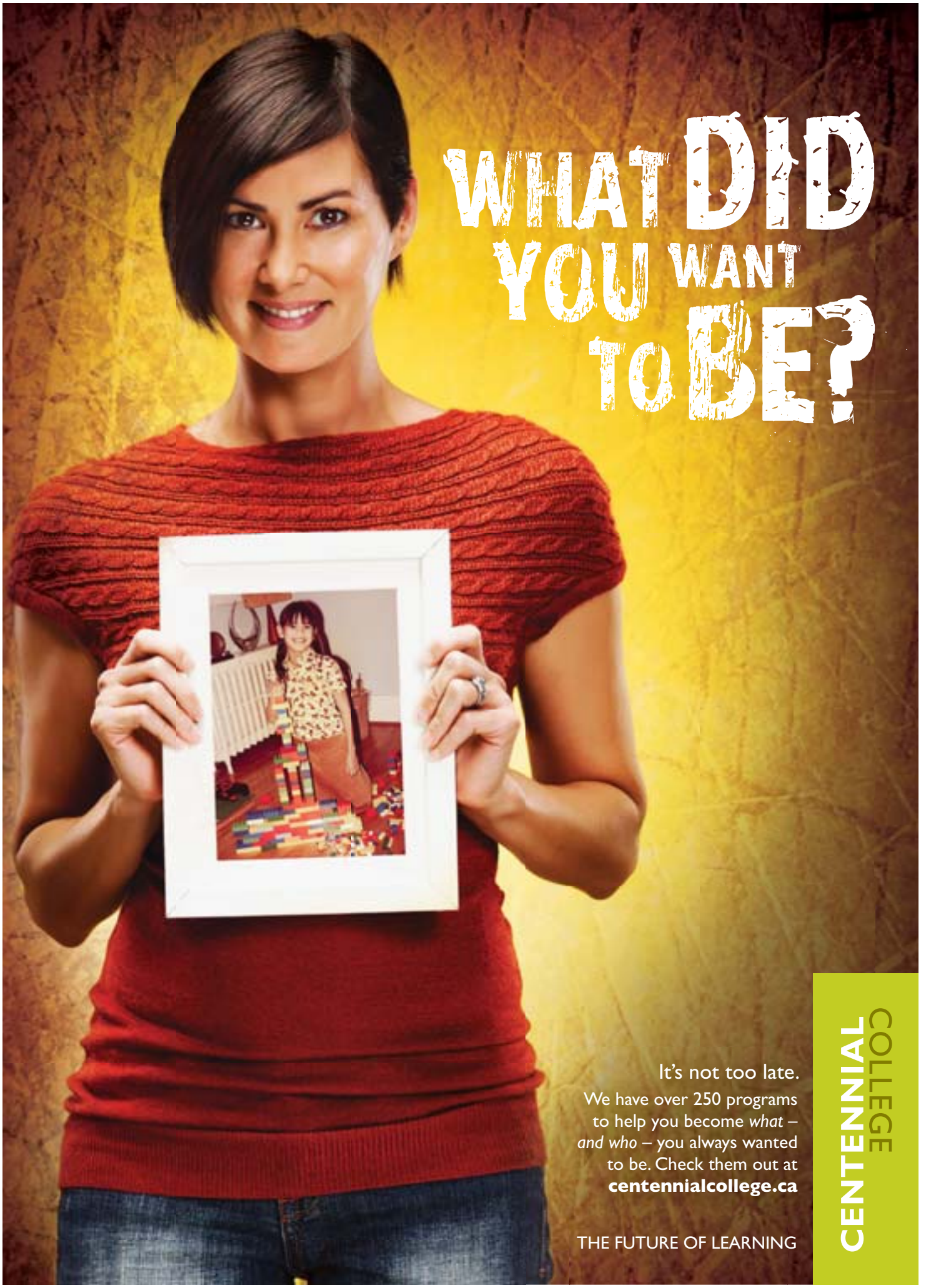
- Staying in shape as fall hits
- The potential of stem cells
- Five fabulous fall foods, and more {pages 36-39}

By George

Smitherman outlines his plan to balance city's budget {page 6}

Post-Bosh era

Raptors looking ahead to life after CB4 {page 51}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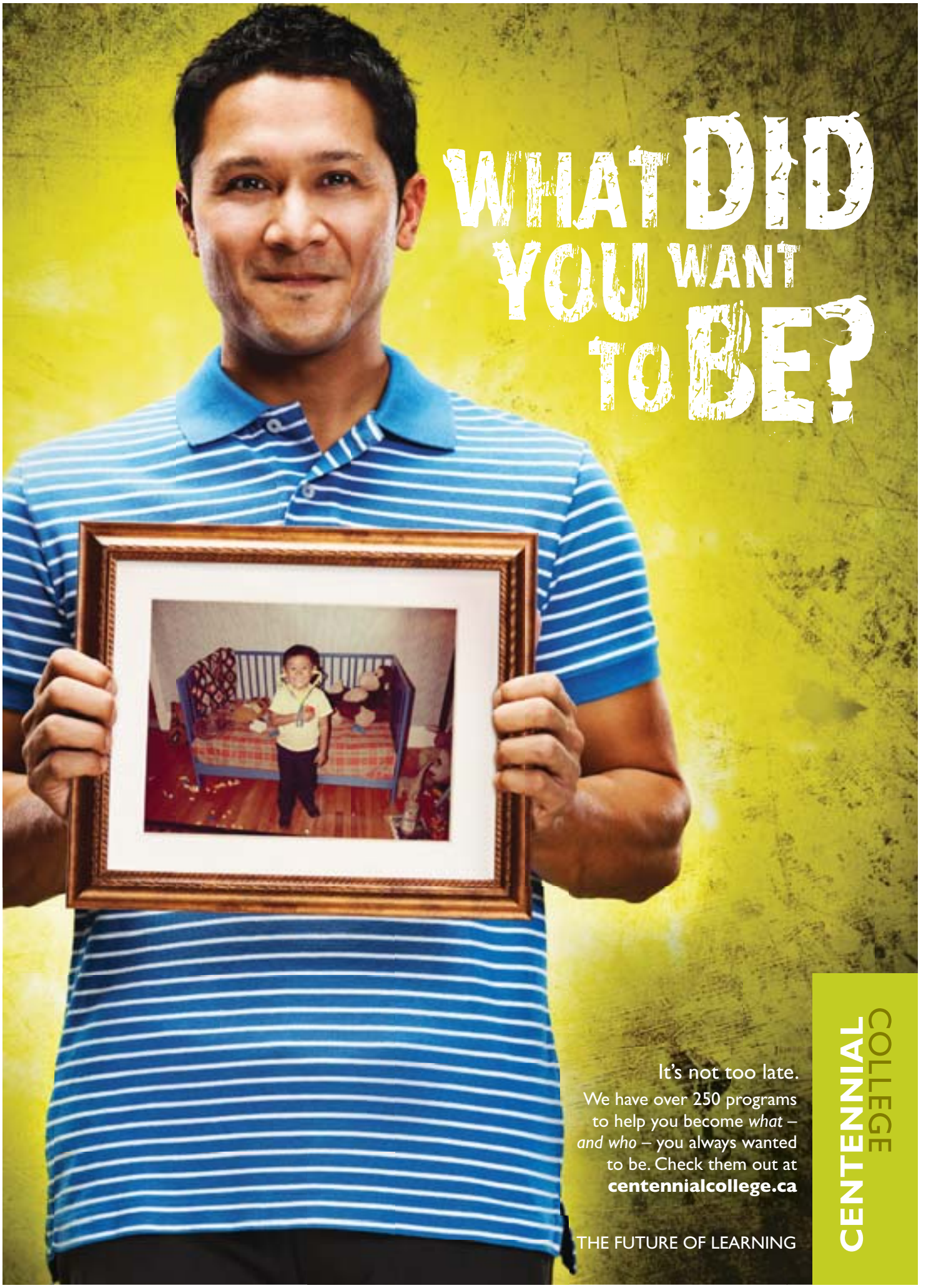
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Bramalea City Centre
Shopper's World
30 Victoria Cres.
4520 Ebenezer Rd., Unit 6
253 Queen St. E, Unit 3
105 Kennedy Rd. S
499 Ray Lawson Blvd.
COBOURG
975 Elgin St. W., Unit B
DOWNSVIEW
1118 Finch Ave. W, Unit 1
ETOBICOKE
Sherway Gardens
1234 The Queensway
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
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Georgetown Market Place
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3636 Steeles Ave. E, Unit 135
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Square One
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Erin Mills Town Centre
153 Lakeshore Rd. E
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3105 Dundas St. W, Unit 102
7955 Financial Dr., Unit B
808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
Smartcentres Mississauga Erindale
102-3021 Argentia Rd.
7205 Goreway Dr.
666 Burnamthorpe Rd., Unit 19
NEWMARKET
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Sheridan Mall
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
Shops at Don Mills
Newtonbrook Plaza
OAKVILLE
1027 Speers Rd., Unit 22
RioCentre Oakville
ORANGEVILLE
RioCan Fairgrounds
OSHAWA
789 Taunton Rd. E, Unit 6
1053 Simcoe St. N, Unit 48
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Steeple Hill Shopping Centre
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Richmond Centre
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10755 Leslie St., Unit 5
10 West Pearce St., Bldg. B
Hillcrest Mall
Yonge Elgin Centre
SCARBOROUGH
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2650 Lawrence Ave. E, Unit 2B
1900 Eglinton Ave. E, Unit E5A
3300 McNicoll Ave.
1291 Kennedy Rd.
2555 Victoria Park Ave.
Flemingdon Park Shopping Centre
Unit 10
The Oriental Centre
THORNHILL
31 Disera Dr., Unit 140
Promenade Mall
Shops on Steeles
TORONTO
Cedarbrae Mall
3495 Lawrence Ave. E
Woodside Square
Dragon City Mall
421 Dundas St. W, Unit G8
Dufferin Mall
Gerrard Square
228 Queen's Quay W
1015 Lakeshore Blvd. E
1821 Queen St. E
275 College St.
548 Church St.
604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
Splendid China Tower
4675 Steeles Ave. E, Unit 74
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
Milliken Square
Times Square
Hazelton Lanes Shopping Centre
87 Avenue Rd.
3111 Dufferin St.
1600 Steeles Ave. W, Unit 30
4235 Kingston Rd.
411 Kennedy Rd.
4905 Yonge St.
386 Sheppard Ave. E, Unit 2
Victoria Terrace Shopping Centre
919 Bay St.
UXBRIDGE
11 Brock St. W
WHITBY
Brooklin Towne Centre
25 Thickson Rd. N
WILLOWDALE
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10068 McLaughlin Rd.
9980 Airport Rd.
10025 Hurontario St.
BURLINGTON
4059 New St.
2500 Appleby Line, Bldg. C
COURTICE
1420 King St. E, Unit 7
ETOBICOKE
3015 Bloor St. W
1735 Kipling Ave.
250 The East Mall
500 Rexdale Blvd.
GEORGETOWN
5 Mountainview Rd.
HAMILTON
550 Fennell Ave. E
640 Mohawk Rd. W, Unit 29
1550 Upper James St.
1241 Barton St. E, Bldg. Q
MARKHAM
9275 Hwy. 48
5000 Hwy. 7 E
7680 Markham Rd.
MILTON
459 Main St. E
MISSISSAUGA
2116 Burnhamthorpe Rd. W
60 Bristol Rd. E
4141 Dixie Rd.
6085 Creditview Rd.
1250 Eglinton Ave. W, Unit A16
920 Southdown Rd., Bldg. H, Unit 7
NEWMARKET
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18075 Yonge St.
Upper Canada Mall
OAKVILLE
1011 Upper Middle Rd., Unit C17
1500 Upper Middle Rd., Unit 2
1461 Rebecca St.
511 Maple Grove Dr.
240 Leighland Ave.
OSHAWA
285 Taunton Rd.
Oshawa Centre
RICHMOND HILL
1070 Major Mackenzie Rd. E
THORNHILL
9200 Bathurst St., Unit 26
TORONTO
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
1084 Yonge St.
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave. E., Unit 104
1530 Albion Rd.
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
Bayview Village
329 Parliament St.
Exchange Tower
Yorkdale Shopping Centre
Toronto Eaton Centre
2248 Bloor St. W
10 Dundas St.
200 Bay St.
4980 Yonge St.
Rogers Centre
330 Bay St.
SCARBOROUGH
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38 Ellesmere Rd.
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Smoking rates on the decline

Smoking rates appear to be on the decline among teens and young adults, according to a release from Statistics Canada yesterday.

Data from the 2009 Canadian Tobacco Use Monitoring Survey revealed that 18 per cent of respondents aged 15 and older reported smoking either daily or occasionally.

That's unchanged from 2008, but down from 25 per cent in 1999. The smoking rate among youth aged 15 to 19 was 13 per cent, down from 15 per cent in 2008. The prevalence of smoking among young adults aged 20 to 24 years also dipped to 23 per cent from 27 per cent in 2008.

Over an 11-year period spanning from 1999 to 2009, the population aged 15 years and older increased by about 3.1 million Canadians. While the number of current smokers decreased by 1.3 million, former smokers increased by 1.3 million and the number of those who had never smoked increased by 3.4 million.

Rob Cunningham, a senior policy analyst with the Canadian Cancer Society, said while there has clearly been progress in reducing smoking in Canada, rates remain at "unacceptably high levels." He said everything should be done to reduce the rates as quickly as possible.

THE CANADIAN PRESS

ANGELA ROWLINGS/THE ASSOCIATED PRESS

▶ Tobacco use remains the leading preventable cause of disease and death in Canada, killing 37,000 people a year, says Rob Cunningham of the Canadian Cancer Society.

NDP turns up heat on electricity HST

Eliminating HST on hydro could save families with two or more children $135 a year, says Horwath

Ontario's New Democrats turned up the temperature on rising home electricity costs yesterday by challenging the governing Liberals to zap the provincial portion of the HST off hydro bills.

Consumers across the province are struggling to pay sky-high electricity costs and simply can't afford an extra eight per cent slapped on their monthly bill, said NDP Leader Andrea Horwath.

"The HST does not conserve energy, the HST does not help the province in any way in terms of green energy goals," she said.

"The HST is just more salt in the wound for people whose hydro bills are going up, and we think the government can make a real difference here."

Ontario merged the eight per cent provincial sales tax with the five per cent GST July 1, which increased the cost of many items that weren't previously subject to the provincial levy.

But the NDP proposal fell on deaf ears in the legislature, where Premier Dalton McGuinty ducked calls to provide the HST exemption.

"We're going to continue to work hard with our families to help them manage these costs," he said.

THE CANADIAN PRESS

New website

▶ The Ontario NDP has launched a website — www.HSToffHYDRO.com — and leader Andrea Horwath is planning to tour the province to promote the cause.

TANYA TALAGA/TORSTAR NEWS SERVICE

▶ Getting rid of the HST on provincial hydro bills would also cost Ontario's treasury about $500 million a year, but the government could cancel some of its promised corporate tax cuts to make up for the lost revenue, NDP Leader Andrea Horwath said.

1 news

News on the move

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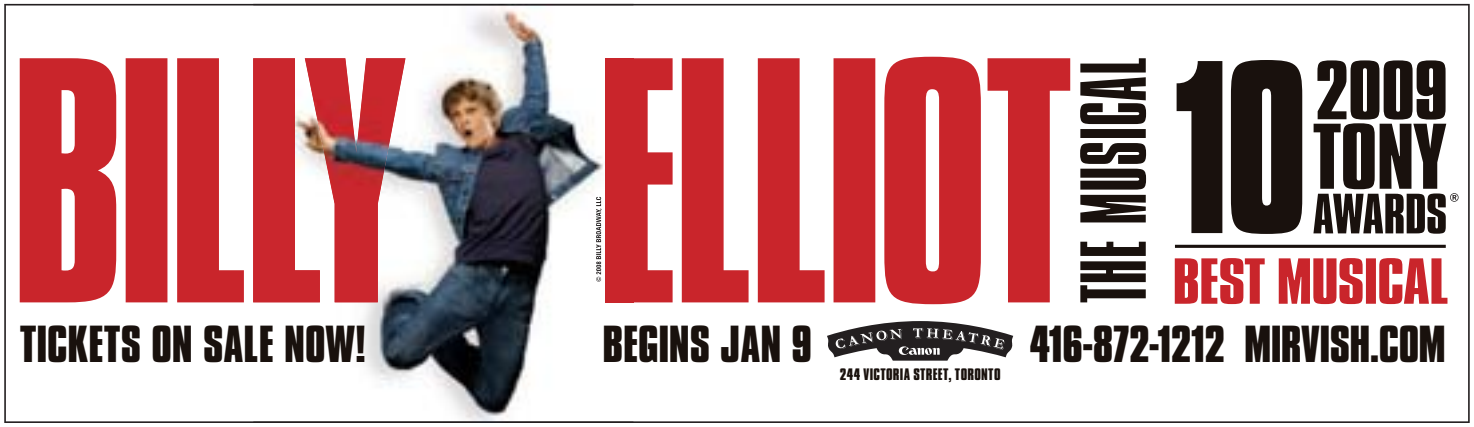
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Allan Small says investors have plenty to be optimistic about after the recent market breakthrough. More at metronews.ca/investing



Smitherman vows balanced 2011 budget

Candidate previously promised to freeze property taxes his first year in office and to freeze city spending for 100 days while a detailed budget review was done

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ George Smitherman

$277M George Smitherman says the city is headed for a $277-million deficit next year, minus the $100 million in hoped-for TTC funding and a further $33 million in revenue he expects from assessment growth in property taxes.

Framing himself as a careful cost-cutter, George Smitherman released a budget blueprint yesterday that would balance the 2011 operating budget by cutting $265 million in costs, eliminating 1,300 jobs through attrition, and securing a non-guaranteed $100 million from the province.

Attempting to slow the Rob Ford juggernaut, Smitherman made repeated jabs yesterday at his front-running rival, proclaiming: "I am going to control the cost of government by using surgical precision — not lowering a guillotine."

But while he warned that the cost-cutting Etobicoke councillor's promise of huge savings would translate into "a whole lot of deep cuts," the former Ontario deputy premier balanced his budget only with $100 million in annual transit funding from the province that has never been pledged.

"This can be achieved through a long-term, constructive negotiation — not the annual bun fight we've seen in past years," Smitherman told about 150 people at an Economic Club of Canada fundraiser luncheon. He later told reporters his former Queen's Park colleagues are aware of his plan but have made no promises of funding.

He has added $71 million to the spending column with election promises, including a one-third reduction in the vehicle registration tax, a "war on bed bugs," free transit for seniors between 10 a.m. and 2 p.m. weekdays, and a property tax cut on multi-unit apartment buildings.

"I would say it's a good first draft," said Coun. Joe Mihevc, a member of the budget committee. "His understanding of the budget is miles ahead of the pathetic understanding that Rob Ford brings to the budget process."

Smitherman, who has promised to be both mayor and budget chief, said he would save $61 million next year by not replacing 1,300 retiring staff in 2011 — attrition that would rise to 2,800 positions halfway through his term and to 4,000 after four years.

The cuts to the city's workforce of roughly 50,000 people would not affect staffing for emergency services (police, fire and paramedics), transit or provincially mandated services, Smitherman said. He suggested management "policy" jobs in the transportation and recreation departments could disappear. TORSTAR NEWS SERVICE

Performance. iD

▶ The cast of Montreal's Cirque Éloize pose on stage at the grand reopening of the newly renovated Sony Centre For The Performing Arts.

ROGER CULLMAN/FOR METRO TORONTO

Spectacle looms at Sony Centre

Cirque Éloize will kick off its show, iD, with six performances at the Sony Centre beginning Oct. 1, exactly 50 years to the date of the O'Keefe Centre's original opening night.

Break out the bike lanes: Rossi

Toronto mayoral candidate Rocco Rossi, who got early attention and criticism by opposing bike lanes on arterial roads, now says he would push for several downtown lanes separated from motorized traffic.

Rossi made the announcement yesterday at a morning ride for candidates organized by the Toronto Cyclists Union, which has been critical of his vow to paint over the controversial new lanes on Jarvis Street and consider removing those on Eastern Avenue.

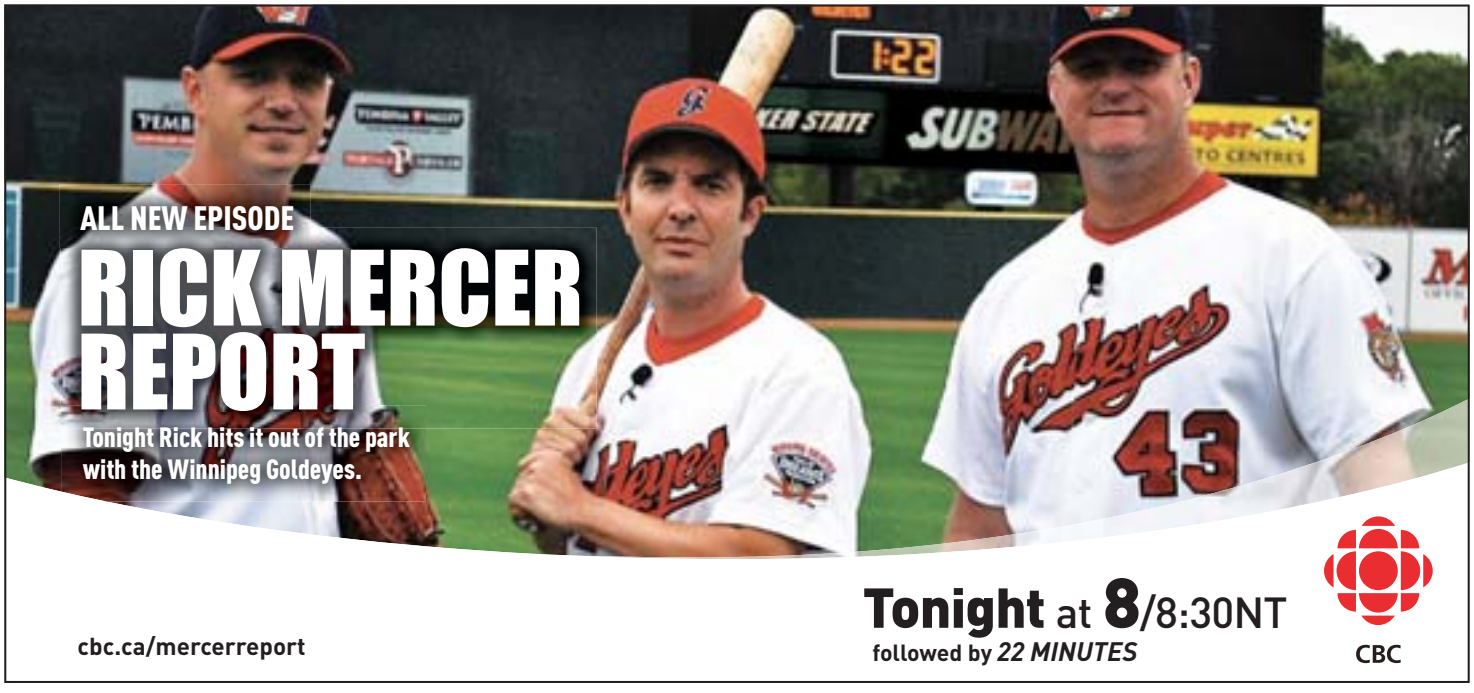
Cost

▶ Rocco Rossi says building dedicated lanes in other cities has cost between $168,000 and $454,000 per kilometre.

Rossi's proposed network includes east-west lanes on Richmond Street between Parliament and Bathurst streets, and the existing Wellesley Avenue/Harbord Street lane to be separated from traffic between Parliament and Ossington Avenue.

Cyclists travelling north-south would use the existing Sherbourne Street lane, which he would separate from traffic between Elm Avenue and Queen's Quay; or, to the west, the St. George Street/Beverly Street lane extended to Queen's Quay.

His plan was denounced as "a last-minute, half-baked idea" by Yvonne Bambrick, spokeswoman for the cyclists' union. "All he's doing is tweaking (routes) that exist already" and separating them from traffic, rather than proposing a true network that includes the suburbs, she said. TORSTAR NEWS SERVICE



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OPEN HOUSES

Couple arrested in thefts

An Oshawa couple faces multiple charges after allegedly stealing jewelry, cash and other items while walking through real estate open houses.

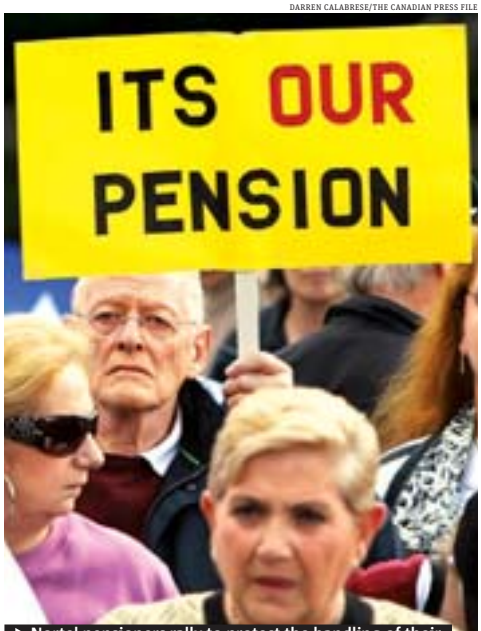
Police say they arrested the couple Sept. 19 after they were allegedly spotted stealing property during an open house in Oakville. The suspects were tailed by police that day after officers in Oshawa and Whitby began probing thefts from homes being shown for sale. Peter Mason King, 52, and Nora Ann Thomson, 51, both of Oshawa, face nine counts of theft under $5,000 and three counts of theft over $5,000, among other charges.

Police say both King and Thomson are known to travel throughout southern Ontario and the United States.

THE CANADIAN PRESS

Change of heart over Nortel pension

DARREN CALABRESE/THE CANADIAN PRESS FILE



▶ Nortel pensioners rally to protest the handling of their pension funds by the Ontario government at Queen's Park.

McGuinty willing to listen to employees' suggestions for plan

A door slammed shut by the Ontario government on Nortel pensioners just last week was pushed back open yesterday by Premier Dalton McGuinty, who said he would take a second look at the fate of their pension plan.

The former workers and retirees don't want their plan wound-up and the $2.5 billion in pension assets used to buy annuities that would provide them with a steady income, which is the normal practice when companies go bankrupt.

They say that would simply lock in the losses for the plan, currently estimated to be funded at only two-thirds of its liabilities.

They want to let a private financial services company manage the assets.

The government wrote the Nortel workers last week to formally reject their proposal, saying it would expose them to even greater risks because of a "high degree of exposure" to the equity markets.

"I am not willing, particularly after the financial events of 2008, to risk making an already difficult situation worse by subjecting $2.5 billion in retirement savings to an untested capital markets model," wrote Finance Minister Dwight Duncan.

"They took the opportunity, as they should have, to rightly impress upon me just how important an issue this is to them."
PREMIER DALTON MCGUINTY ON NORTEL PENSIONERS

McGuinty told the legislature yesterday he had a change of heart after he and Duncan met with some Nortel workers late last week.

"They would like to exercise greater authority over the pension plan itself," said McGuinty. "I undertook to give this yet another review and to get back to them, and that's where we are right now."

The Sept. 21 letter from Duncan to the Nortel retirees also pointed out that the Ontario government added $500 million to the province's Pension Benefits Guarantee Fund last year, knowing about half of it would be needed to help Nortel workers. The fund guarantees pensions of up to $1,000 a month when companies close.

THE CANADIAN PRESS

Bell settles suit with customers

Bell Canada and its wireless arm Bell Mobility have agreed to settle a class-action suit on behalf of Ontario customers who were overbilled a total of about $1 million over a 17-month period.

An estimated $350,000 of that money will be donated to three charities in lieu of payments to people who are no longer customers or who can't be found. The rest will be credited to Bell customers. In the settlement, Bell denies any fault or obligation but agrees to taking certain actions arising from the suit that was filed last April.

A spokeswoman for Bell Canada and Bell Mobility said the two companies have worked with financial institutions to avoid applying incorrect late fees to bills that have been paid on time through a bank or by cheque. The out-of-court settlement covers an undisclosed number of Bell Canada and Bell Mobility customers in Ontario who were overcharged between March 26, 2008, and Aug. 9, 2009.

Bell spokeswoman Julie Smithers said the mistake arose because the company didn't receive accurate payment information from the financial institutions where consumer customers paid their bills. THE CANADIAN PRESS

Settlement

▶ Bell customers that wish to be part of the settlement aren't required to take any action, but those who oppose the settlement should provide written notice by Oct. 25 to the Montreal law firm BGA LLP.

2 wanted in sexual assault

Police are searching for two suspects after a woman was sexually assaulted. On Sunday, a woman was walking around 2 a.m. on Queen Street East when she was grabbed by two men and dragged a short distance, say police. Toronto police are looking for Yohan Henry, 35. He is described as black, five-foot-nine, with shaved black hair and hazel eyes. The second man is described as five-foot-nine, with a dark black complexion and an average build.

THE CANADIAN PRESS

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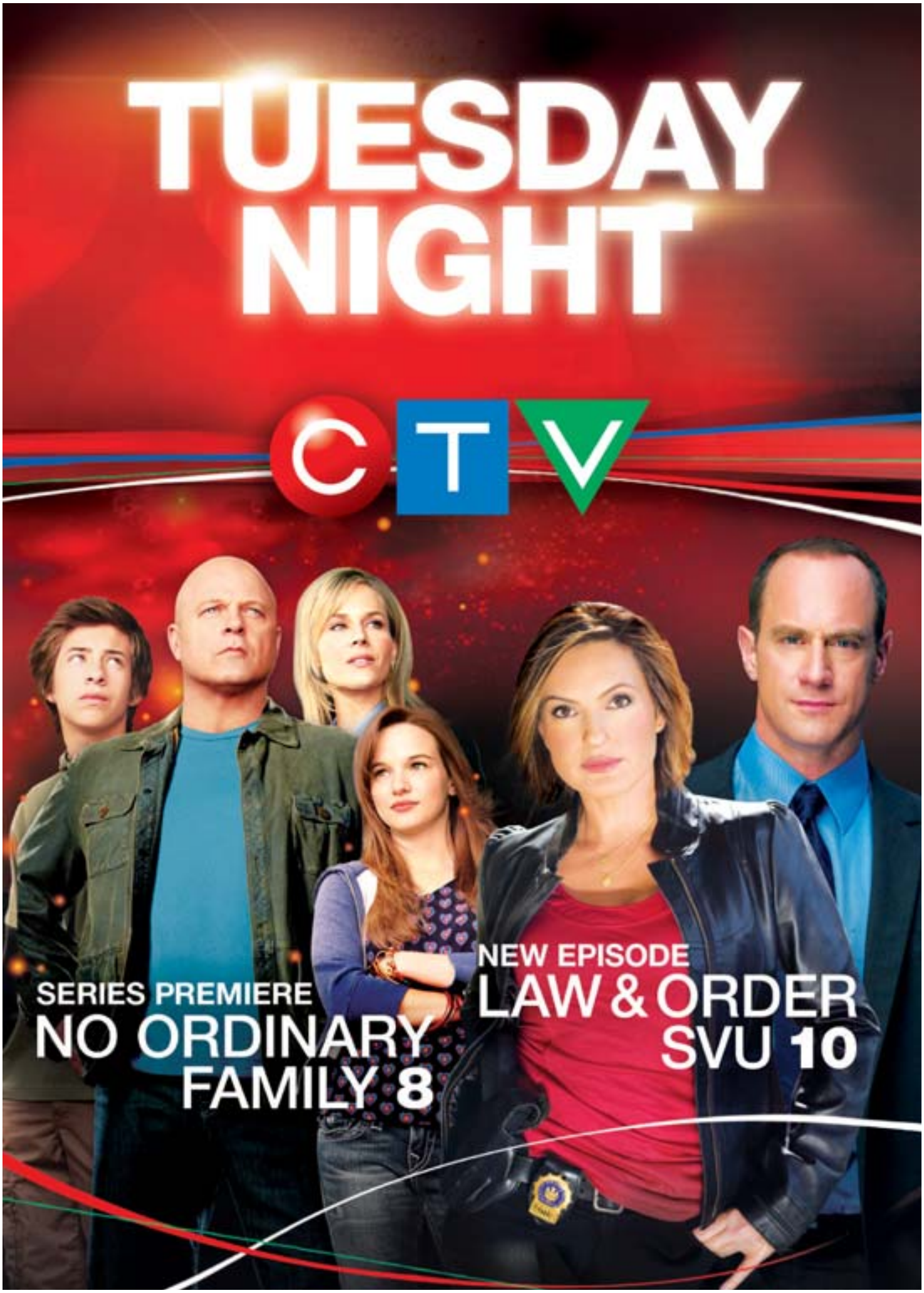
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Mother dead after collision in Rexdale

A young mother is dead and her two children injured in a collision on Highway 27 near Woodbine Racetrack. The 29-year-old woman was sitting in the rear passenger seat of a Honda Civic when the vehicle was struck by an SUV Sunday night. Her six-year-old daughter, who was also in the back seat, suffered major injuries and was taken to hospital in critical condition. The 33-year-old father, who was driving the vehicle, and a seven-week-old infant received minor injuries. Police are still investigating.

THE CANADIAN PRESS

Charges

Igor Kresko, 45, appeared in court yesterday on more than eight charges, including criminal negligence causing death, failing to remain at the scene and impaired driving.

Mayoral rivals take gloves off

Perkins, Brunelle and Varcoe cause stir in Whitby

Sex, lies and dirty politics.

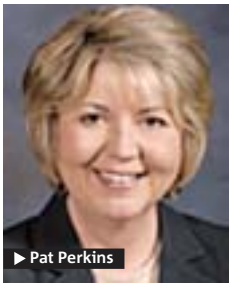
Now that someone has your attention — and the fingers of blame will start pointing momentarily — Whitby's three candidates for mayor have something to say on the above.

"This is the worst campaign I've ever been in. I've never had this kind of crap in my life," fumes challenger and former mayor Marcel Brunelle.

"I never thought in a million years that's what it would come down to in this town," swears the incumbent, Pat Perkins.

"It's a game that someone wants to play to throw me off my game," complains newcomer and dinner theatre owner Rocky Varcoe.

Cue the sex, lies and dirty politics. And try to follow the bouncing ball:



▶ Pat Perkins

Varcoe is rumoured to have starred in a low-budget erotic film featuring nudity and simulated sex acts. He blames the Brunelle and Perkins camps for spreading the smut. And "someone," he adds, is stealing his election signs — 36 in one night alone.

Brunelle is steamed about Varcoe raking him over the coals for using Nazi dictator Adolf Hitler's name in an interview on YouTube.

Perkins, who won't name names, accuses a rival of making "wild, outlandish statements" that cast her in a bad light and show a total "lack of respect for the truth." Varcoe says she misquoted him and he told no lies.

But Brunelle, with more than 30 years in municipal politics, is firing back as he tries to reclaim the top seat from Perkins.

"He's trying to accuse me of being involved in this whole (rumour) thing and I'm not. It's bulls—," he says. "I don't believe in dirty politics."

Allegations arose last week that Varcoe appeared in a 1999 locally made adult film called Dead End.

TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Eugena Johnson, left, and Wendy Taylor sit outside a community centre at Sherboune and Wellesley streets.

FIRE VICTIMS TURN TO MAKESHIFT SHELTERS

About 200 people remain in makeshift shelters three days after a six-alarm fire forced them from their Wellesley Street East highrise.

Rob Andrusevich, a spokesman for the city of Toronto, said officials still do not know when the more than 1,200 residents will be allowed to return to their homes.

Two reception centres — one at a Wellesley Street community centre and another located on McCaul Street — are currently housing all those without a place to go.

Many residents are concerned about not having their identification.

The remaining residents, according to Andrusevich, are staying with friends and family.

"We continue to assess it day by day," Andrusevich told a Toronto Star reporter.

TORSTAR NEWS SERVICE

THE LOCAL CAMPAIGN

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‘Disturbing’ messages litter tribute website

Police have identified ‘person of interest’ in teen’s death More than 20 officers combing crime scene

A Facebook page set up as a memorial to a teen beaten to death in a suburban Vancouver park has been riddled by insensitive and obscene comments and pictures.

Many of those who have joined the page to write condolences and express support for Laura Szendrei’s family and friends have also noted their revulsion for the postings by people police say don’t know the 15-year-old.

Delta Police Sgt. Sharlene Brooks said yesterday officers are disgusted by the notes and pictures.

“There’s some pretty disturbed individuals out there that would take advantage of this and try and bring more grief to this family and her friends,” Brooks said yesterday.

FACEBOOK

▶ Laura Szendrei

“That is just very disturbing to us.”

The messages were likely created by so-called trolls, virtual vandals who post material to such memorial pages with the aim of offending.

Those writing in support of Szendrei urged others on the Facebook page to ignore them.

Szendrei was attacked Saturday afternoon in a wooded area of the park, which is rimmed by sports fields that were in heavy use that day.

She died of her injuries Sunday and Brooks said police still aren’t sure whether the deadly assault was random or targeted.

THE CANADIAN PRESS

Science museum seeks a new home

Canada’s science and technology museum has ordered yet another study to help it find a new home after being stuck for more than 40 years in a shabby, suburban industrial park.

The museum corporation advertised yesterday for a $175,000 study — the fourth in the last seven years — to make a business case for the move and to “suggest a path forward.”

Every other national museum or gallery in the Ottawa area has snagged posh new digs over the last quarter century, including the National Art Gallery and the Canadian Museum of Civilization

THE CANADIAN PRESS

2017

The Canada Science and Technology Museum has set its sights on getting a new home by 2017.

MOHAMMED BALLAS/THE ASSOCIATED PRESS

▶ A Palestinian youth next to signs leading to Jewish settlements in the northern West Bank.

MIDEAST PEACE TALKS

“WE WILL NOT HAVE ANY QUICK REACTIONS”

The Palestinian president said yesterday he would wait at least a week before deciding whether to quit Mideast peace talks, giving U.S. mediators precious time to broker a compromise after Israel refused to extend its 10-month moratorium on new West Bank settlement construction.

President Mahmoud Abbas has repeatedly threatened to withdraw from the newly launched negotiations if Israel resumes building in the settlements. But with the stakes so high, Abbas said during a visit to Paris that he would not make any hasty decisions.

He said he would consult with the Palestinian leadership before discussing the matter with representatives of the 22-member Arab League next Monday.

“We will not have any quick reactions,” he said at a news conference standing beside French President Nicolas Sarkozy.

THE ASSOCIATED PRESS

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MUSTAFA QURAISHI/THE ASSOCIATED PRESS

▶ Field hockey player and Canadian team flag-bearer Ken Pereira, centre, and other team members arrive at the Indira Gandhi International Airport yesterday ahead of the Commonwealth Games in New Delhi, India.

Housing OK, says Games team

Canadian athletes have been told not to wear team uniforms while out sightseeing in New Delhi

The first wave of Canadian athletes at the troubled Commonwealth Games are arriving to "adequate" accommodations.

First to land are flag-bearer Ken Pereira and the men's field hockey team, the women's table tennis team, several shooters, the gymnastics team and the last of the Canadian mission staff. All are due to touch down mid-evening Delhi time. A team spokesman said the Canadians will stay at the athletes village. "All the rooms for these people are ready," said Canadian press attache Yan Huckendubler. "Now we are functioning day by day. Every day we prepare the rooms for the athletes arriving the next day. It's really touch and go, but they are all staying at the village."

Huckendubler said the rooms are clean and outfitted with necessities.

"It's adequate," he said. "Certainly much better than the state we found a week ago. It's not five-star but for athletes in competition, it is correct."

THE CANADIAN PRESS

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Group says protect pirates

A human rights group says it hopes Canada has learned from the Afghan prisoner controversy and uses the lesson as it pursues a treaty with Kenya for the handover of suspected pirates.

Amnesty International, which has fought a pitched legal battle with Ottawa over captured Afghans, says safeguards must be built into whatever arrangement is concluded with the Kenya.

Canada wants a deal to hand over Somali pirates captured during navy patrols off the Horn of Africa and government insiders expect a deal will be made before the end of the year.

Alex Neve, secretary general of the watchdog's Canadian wing, acknowledged that human rights conditions in Kenya are not as dismal as those in war-racked Afghanistan. However, numerous agencies, including the U.S. State Department, have expressed concern about Kenya's justice system and its ability to handle an influx of pirates captured by an international flotilla.

"There are crucial human rights obligations at stake here, as is the case with Afghan prisoners, and this time we should really try to get it right."

ALEX NEVE, SECRETARY GENERAL, CANADIAN WING OF AMNESTY INTERNATIONAL

Last summer, Kenya's human rights commission documented 21 cases of torture, dating back to 1982. All of them took place under the former regime and were perpetrated by police — claims the current government quickly acknowledged.

THE CANADIAN PRESS

▶ Finance Minister Jim Flaherty insists the government will be "fair and reasonable" in assisting stimulus projects that are supposed to be complete by the end of March.

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RYAN REMIORZ/THE CANADIAN PRESS

Projects could be left undone

Report says up to one-third of the stimulus projects won't be completed by year-end Parliamentary Budget Officer says $300 million could go unspent

Up to one-third of the projects funded by the federal government's centrepiece stimulus program won't be completed by year-end, the latest government update shows.

In a report designed to pat the federal Tories on the back for reviving the Canadian economy after the global recession, the fine print bolsters what critics have argued for months: That a significant number of projects could be left in the lurch if Ottawa cuts off its funding next March.

"Current monitoring ... shows that approximately two-thirds of projects will be finished by the end of December 2010," a statement buried in the report says, referring to the government's $4-billion Infrastructure Stimulus Fund.

The report does not forecast how many of the remaining projects will be concluded between January and March, but mayors and contractors alike have warned that little work can be done in the depths of winter.

Federal funding is scheduled to be cut off March 31, not just for the infrastructure fund but an array of other stimulus programs as well.

Mayors and contractors fear they will be left paying the bills once Ottawa pulls out, at a time when their finances are already stretched to pay for their share of the stimulus effort.

"If there are projects that are virtually completed, we're going to be fair and reasonable, of course, at the end of March."
FINANCE MINISTER JIM FLAHERTY

The sixth update on how well the stimulus package is working says the plan has been responsible for supporting much of Canada's recovery.

But Liberal Leader Michael Ignatieff said the Tories count signs more than they count the unemployed.

Indeed, the Conservative government has 18 departments and agencies tracking the installation of signage on a weekly basis, and has tracked and recorded more than 8,500 Economic Action Plan signs across Canada in the last year.

Harper himself is getting briefings on the sign count, according to documents obtained by The Canadian Press under the Access to Information Act.
THE CANADIAN PRESS

Kim Jong Un on track to rule N. Korea

North Korean leader Kim Jong Il promoted Kim Jong Un to the rank of general in the Korean People's Army, the state news agency reported, the clearest signal yet the younger Kim is on track to succeed his father in ruling the impoverished country.

Kim Jong Il issued an order handing six people the rank of general, the Korean Central News Agency reported.
THE ASSOCIATED PRESS

The successor

Kim Jong Il has reportedly groomed third son Kim Jong Un as his heir to power.

It is widely believed that the ruling Worker's Party meeting, which was set to take place today, may pave the way for Kim Jong Un to become his father's successor.

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I unjunked my body!

Lina works in the fitness industry in Ottawa and recently came across an article on detoxing. Here is her story;

"I was having a hard time losing those stubborn extra pounds and I was tired a lot, which showed in my face. So when I came across a Biofirm story in the local newspaper, it made me curious.

It definitely made sense to me that we get tired and bloated from too many toxins in our foods and from our environment. But I didn't know that it made us gain weight! So I purchased a box of Biofirm and took the recommended 6 tablets a day for a month with lots of water and high-fibre foods. I was determined to unjunk my body!"

I lost 11 pounds on the detox!

"In the first 4 weeks I lost 7 pounds. I definitely felt lighter and my skin was looking great – I was glowing! I had read that it could be unpleasant to take Biofirm but I actually enjoyed it, especially because you are still able to do your daily duties. You don't have to stay home or do it on the weekends.

After the 30 days detox, I wanted to continue, so I bought another 14 days of tablets. Again, I lost another 4 pounds and my clothes were getting very loose! I was thrilled - and the great part is that I didn't have to exercise vigorously for 6 weeks!!"

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SEAN KILPATRICK/THE CANADIAN PRESS

▶ A statue of Truth outside the Supreme Court in Ottawa. Francophone groups say data from the mandatory short census form is simply not enough.

Census debate goes to court

Francophone groups argue lack of data hurts minority rights Opposition still fighting change

The Conservative government admitted internally that switching to a voluntary survey from a mandatory long-form census would make some data unusable for federal institutions, documents submitted yesterday in Federal Court show.

The admission lies at the heart of a court challenge against the government filed by a group that represents minority francophone communities across the country.

It wants the court to restore the long-form census quickly, saying government officials see the middle of next week as the deadline for any change.

Court case

The Federation of Francophone and Acadian Communities argues that Ottawa will no longer be able to fulfil its obligations under the Official Languages Act without reliable data from the mandatory long census form.

The government eliminated the mandatory long questionnaire in late June, arguing it was intrusive and the threat of jail was overly coercive.

The census debate also continues to rage in Parliament. The Liberals expect to have a private member's bill to write the long-form census into law introduced in the Commons by the end of the week. They also have an opposition day motion set for debate today.

THE CANADIAN PRESS

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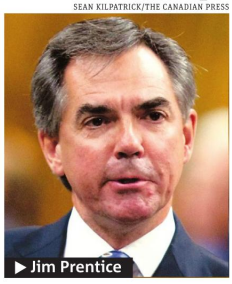
Little expected from Cancun climate talks

Some say talks are not just stalled — they're going backwards Agreement would replace Kyoto accord

SEAN KILPATRICK/THE CANADIAN PRESS



Jim Prentice

Top officials, including Canada's environment minister, are lowering expectations that countries will leave a coming round of UN climate talks with a signed deal in hand.

The negotiations in Mexico have been touted as the saving grace of last year's Copenhagen summit. Negotiators in the Danish capital agreed they needed more time to broker a climate deal after deep schisms between countries threw the conference into disarray.

But it now appears the Cancun conference will end much as Copenhagen did, with more than 190 countries putting off a binding climate deal for another day.

Environment Minister Jim Prentice wasn't optimistic Cancun would yield a deal in an interview with The Canadian Press.

"I think everyone, myself included, pointed out after Copenhagen that the process of translating the Copenhagen agreement in principle into a full, binding international treaty would take several years, and we're well down that road," Prentice said.

THE CANADIAN PRESS

Royalty. Interesting species

Crown Prince Frederik of Denmark and his wife, Crown Princess Mary.

JENS KOEHLER/THE ASSOCIATED PRESS

Making a new friend

The couple were visiting the aquarium in Stralsund, Germany, yesterday.

Hoaxes hard to fight

More than nine years after 9-11, security agencies are still trying to balance protecting society with derailing routines. THE ASSOCIATED PRESS

SCANLIFE

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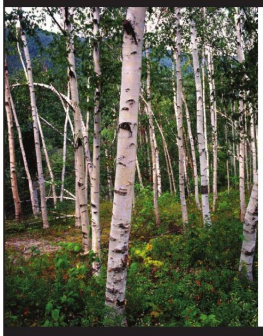
Do you suffer from allergies brought on by White Birch Trees?



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Tensions rising in China, Japan over dispute

Japan's PM criticized for caving in to pressure from China Responded by demanding compensation

Tension between China and Japan bumped back up yesterday when Tokyo asked Beijing to pay for damages to patrol boats hit by a Chinese fishing vessel in disputed waters, countering China's demand for an apology over the incident.

The diplomatic back-and-forth shows that nationalistic sentiments stirred up by the incident are not fading even after Tokyo released the ship's captain Friday amid intense pressure from China.

THE ASSOCIATED PRESS

Playing hardball

Escalation. China has stepped up customs inspections of goods shipped to and from Japan, slowing trade, logistics companies said.

Security. Or invasion of privacy?

German Interior Minister Thomas de Maiziere tests a new full-body scanner at Hamburg's airport. Germany is starting a six-month trial of two much-criticized full-body scanners at the major airport.

JOERG SARBACH/THE ASSOCIATED PRESS

Germans oppose body scanners

The new scanners have been tested at airports in Britain, the Netherlands and the United States, but are opposed in much of Europe. German politicians have denounced the scanners as an unnecessary invasion of privacy. Supporters say they can detect concealed objects that metal detectors miss.

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Appeal overruled

Alberta Appeal Court upholds sentences in Mountie killings Relatives of slain constables heartened by ruling But blow to families of two convicted men

JIMMY JEONG/THE CANADIAN PRESS

Dennis Cheeseman

The Alberta Court of Appeal says four Mounties probably would not have been killed in Mayerthorpe if the gunman hadn't had help from two men convicted for their role in the shootings.

The court yesterday turned down a bid by Shawn Hennessey and Dennis Cheeseman to get less prison time. The pair were sentenced to 15 years and 12 years, respectively, after pleading guilty to manslaughter in the March 3, 2005, deaths.

Lawyers for the two men argued the sentences were vengeful and too severe and the men had been acting out of fear of known cop hater James Roszko.

In a written ruling, two of three Alberta Court of Appeal justices wrote the sentences were appropriate for the worst such crime in Canada's history.

"Help for Roskzo was vital. He probably could not have performed any of the crimes unaided," Justice Jean Cote wrote on behalf of himself and Justice Elizabeth McFadyen.

"I would dismiss Hennessey's appeal. To cut Cheeseman's sentence significantly would come much too close to the minimum sentence for a single killing, yet this is a grave multiple crime."

Court heard the two men gave Roszko a rifle and a ride back to his farm on the night constables Anthony Gordon, Brock Myrol, Leo Johnston and Peter Schiemann were gunned down. Roszko killed himself after being wounded in a shootout with another officer.

He had had many run-ins with the law in the years leading up to the shootings.

The justices rejected arguments that Hennessey and Cheeseman were terrified of Roszko. They agreed that once the two men dropped him off that night, they had seven hours to warn the RCMP he was armed and seeking a confrontation with police.

THE CANADIAN PRESS

Mountie killings

The men could seek leave to appeal to the Supreme Court of Canada.

- **Hennessey** said he helped Roszko because he was part of Roszko's marijuana grow-op.
- **Cheeseman** said he helped because he was Hennessey's brother-in-law.

IAN JACKSON/THE CANADIAN PRESS

Shawn Hennessey and his wife, Christine, arrive at the courthouse in Stony Plain, Alta., in June to hear whether a judge would allow his trial to go ahead.

News in brief

Building falls, kills 1 person

TRAGEDY. One person has died in the collapse of a Montreal building.

The two-storey structure was undergoing renovations and most of the people inside managed to escape.

One other person was injured, according to a spokesman for Montreal's ambulance service.

THE CANADIAN PRESS

Man resigns over sexting

SCANDAL. A Wisconsin prosecutor facing removal from office over accusations that he used his position to seek relationships with women will resign instead, his attorney said yesterday.

Attorney Robert Craanen said Calumet County District Attorney Ken Kratz will step down before Oct. 8, the date for a hearing on his possible removal from office.

Craanen spoke to reporters after a courthouse meeting on proceedings Gov. Jim Doyle initiated for Kratz's removal. Kratz was not present and did not immediately return a phone message.

THE ASSOCIATED PRESS

U.S. steps up anti-terrorism

SECURITY. The Obama administration is proposing that banks report all electronic money transfers in and out of the country, an expansion of anti-terrorism requirements for financial institutions.

Officials at the Treasury Department's Financial Crimes Enforcement Network said yesterday the requirement would boost their ability to track the sources of money for terrorists.

THE ASSOCIATED PRESS

Greek relics hit the web

HISTORY. One of the world's most important caches of Greek manuscripts is going online, part of a growing number of ancient documents to hit the web.

The British Library said yesterday it was making more than one-quarter of its 1,000 volume-strong collection of handwritten Greek texts available online free of charge, something curators there hope will be a boon to historians, biblical scholars and students.

THE ASSOCIATED PRESS

Naturist challenges Canada's nudity laws

A man charged with going through a fast food drive-through while naked is challenging Canada's public nudity laws as unconstitutional.

Brian Coldin is facing five charges for two incidents near a clothing-optional resort he operates in Bracebridge and incidents at an A&W and a Tim Hortons.

His lawyer, Clayton Ruby, said they believe the laws violate the charter because they limit a nudist's right to free expression. He said right now they're overly broad.

THE CANADIAN PRESS

Free expression?

- **Drive-through exposure.** A woman working the drive-through window at a Bracebridge A&W in May 2009 testified she felt uncomfortable when three naked men in a car pulled up at her window.
- **Mock gesture.** Jessica Swift cried as she told the court that Coldin pretended to get a wallet out of his back pocket, even though he was naked.

HURRICANE IGOR

Military helps rebuild village

Residents of the tiny community of Trouty in eastern Newfoundland were relieved yesterday as the defence minister and Canada's top soldier landed in their hurricane-ravaged village.

Trouty Brook, a salmon run that divides the pretty enclave, became a raging river as hurricane Igor unleashed more than 200 millimetres of rain in the hardest-hit places last Tuesday.

"Everyone is very focused and co-ordinating their efforts to help people here as quickly and as efficiently as possible," said Defence Minister Peter MacKay.

Soldiers began dumping truckloads of gravel yesterday to smooth a makeshift road heading toward the fast-moving brook. Slabs of buckled asphalt are all that's left of what was once the main road.

The military was expected to spend several hours moving dirt in preparation for bridge building.

THE CANADIAN PRESS

Venezuela election a setback for Chavez

▶ Hugo Chavez prepares to vote Sunday.

- Loses two-thirds majority
- Both sides claim victory

President Hugo Chavez's allies held on to control of Venezuela's congress in election results released yesterday, but his opponents made major gains that trimmed the firebrand leader's power — an achievement that sent him a warning with two years to go before the next presidential vote.

Both sides claimed the results were a victory, but Chavez lost the two-thirds majority that has allowed his allies to ignore the opposition while giving the president decree powers, rewriting fundamental laws and appointing key officials.

"It's going to put some brakes on Chavez's project."
GREGORY WILPERT, AUTHOR, CHANGING VENEZUELA BY TAKING POWER

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Life for 33 trapped miners is not bad

Team of psychologists ensures miners are watching upbeat movies and newscasts Government expects holes to be completed by early November

ALIOSHA MARQUEZ/THE ASSOCIATED PRESS

▶ Mining Minister Laurence Golborne stands inside a capsule that will be used to rescue trapped miners from the collapsed San Jose mine.

Survival

Iturra said the miners have taken it upon themselves to solve their problems as miners do — through hard work.

- Divided into three groups of 11, they sleep on cots in three separate parts of the mine, work in three shifts and share lunch at noon to maintain unity.
- Since Aug. 22, when a bore hole reached the miners, their rescue and support team has grown to more than 300.
- The crews work in teams and shifts to provide everything necessary for the miners' survival until they can be pulled out.

They get laundry service, TV, three hot meals a day and even ice cream for dessert. Everyday life for the 33 miners trapped a half-mile underground now includes some of the comforts of home — at least those that can be lowered through narrow holes.

The miners are sleeping on cots that were sent down in pieces and reassembled, and each can look forward every weekend to eight minutes each of video chat time with his family using compact cameras and a phone that was disassembled to fit through the hole.

Settling in for the long wait, they have established a disciplined routine designed not only to keep them mentally and physically fit, but working together.

"With earphones, if they're listening to music and someone calls them, asking for help or to warn them about something, they're not available."
ALBERTO ITURRA BENAVIDES, RESCUE EFFORT'S LEAD PSYCHIATRIST

The plan, according to the rescue effort's lead psychiatrist, Alberto Iturra Benavides, is to leave them with "no possible alternative but to survive" until drillers finish rescue holes, which the government estimates will be done by early November.

So when the miners do get moments to relax, they can watch television — 13 hours a day, mostly news programs and action movies or comedies, whatever is available that the support team decides won't be depressing. They've seen Troy and The Curious Case Of Benjamin Button with Brad Pitt and Jim Carrey's The Mask. But no intense dramas — "that would be mental cruelty," said Iturra.

Though some miners have requested them, music players with headphones and handheld video games have been ruled out, because those tend to isolate people from one another.

THE ASSOCIATED PRESS

Queen of Jordan has procedure for heartbeat

MARY ALTAFFER/THE ASSOCIATED PRESS

▶ Queen Rania

Jordan's Royal Palace says Queen Rania has undergone a non-surgical procedure in New York to correct an irregular heartbeat.

The 40-year-old Rania accompanied her husband, King Abdullah II, who attended the UN General Assembly meetings in New York. She also attended separate functions, including a panel on empowering girls.

A spokesman for the queen said yesterday Rania had a procedure known as catheter ablation, in which doctors inserted a catheter into a blood vessel and used an electric current to restore a normal heart rhythm.

A palace statement said the procedure went smoothly and Rania is "well" and in "good spirits."

Rania is to remain in a New York hospital for two nights to recuperate and will return home later in the week.

THE ASSOCIATED PRESS

Barn fire causes about $1M in damage

An early morning farm fire in southern Ontario killed nearly 1,500 pigs and caused almost $1 million in damage.

Provincial police say fire officials were called to a barn fire at 3:30 a.m. in Lambton Shores.

The barn was fully engulfed when firefighters arrived on scene.

THE CANADIAN PRESS

Some pigs saved

No foul play is suspected.

- Farm equipment and about 300 pigs were removed before the fire took hold.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶Liberal Leader Shawn Graham and his wife, Roxanne Reeves, wave to supporters yesterday after casting their ballots in Rexton, N.B., in the New Brunswick election

Tories elected in N.B.

Liberals flip-flopped on bids to merge post-secondary campuses, scrap early French immersion in English schools and cut ferry services

New Brunswick voters elected a Conservative majority government yesterday, throwing out Premier Shawn Graham's Liberals after a single term marred by backtracking on key decisions that ran afoul of public opinion.

The Liberal loss marks the first time since Confederation that a New Brunswick government has failed to win a second consecutive mandate.

The central issue in the 32-day campaign was Graham's record after four years in power.

Tory Leader David Alward routinely accused Graham of breaking his promises and reversing his positions. THE CANADIAN PRESS

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Thousands in Slovenia protest wage freeze

80,000 The striking labour unions represent some 80,000 people. The state-run news agency STA said the strike is the biggest in Slovenia's modern history.

Thousands of Slovenian police, customs officers, veterinary inspectors and journalists began protesting a government plan to freeze their salaries for two years.

The labour unions representing about half of all public service workers said the strike will last until the government abandons its plan.

Workers in vital sectors are still on the job but are cutting back on the work they do.

The government is freezing the wages of public workers to cut a budget deficit that rose during the financial crisis. THE ASSOCIATED PRESS

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Held captive for 18 years, woman to write memoir

Judge suspends criminal proceedings against accused, citing worries about his mental state

Jaycee Dugard, who survived being kidnapped at age 11 and held captive for 18 years, is writing a memoir.

Dugard's book is scheduled to come out next year, Simon & Schuster announced yesterday. Financial terms were not disclosed.

According to the publisher, the 30-year-old Dugard will write the currently untitled book herself and cover her life from her abduction in 1991 to how she is doing now.

"When I read the pages, I was moved and inspired by the raw power of Jaycee Dugard's voice, her strength and her resilience," Simon & Schuster publisher and executive vice-president Jonathan Karp said of what she has written so far.

THE ASSOCIATED PRESS FILE

▶Jaycee Dugard

Phillip Garrido faces 29 counts of kidnapping, rape and false imprisonment in the disappearance of Dugard. A preliminary hearing had been scheduled to start Oct. 7.

The judge did not halt proceedings against Garrido's wife, Nancy, who faces similar counts. The couple are accused of holding the girl captive in a backyard jumble of tents and sheds for nearly two decades until they were arrested in August 2009.

Authorities said Dugard bore two daughters to Garrido while being held.

THE ASSOCIATED PRESS

Campaign. Coal-fired power station

▶ Jamie Wardley contributes to the massive work of art at Irvine beach in Scotland.

DANNY LAWSON/THE ASSOCIATED PRESS

The art of persuasion

Irvine beach was transformed into art yesterday as the campaign to stop the building of a damaging new coal-fired power station at Hunterston, Scotland, continued.

Segway owner found dead in river

A wealthy British businessman who owns the company that makes the two-wheeled Segway was found dead in a river in England after apparently falling off a cliff on one of the vehicles, police said yesterday.

The body of 62-year-old James Heselden and a Segway personal transporter were found in the River Wharfe and he was pronounced dead at the scene, police said. Police said the incident is not believed to be suspicious.

THE ASSOCIATED PRESS

Heselden

- James Heselden bought control of the New Hampshire-based Segway company in December and made his fortune through his firm Hesco Bastion Ltd., which developed a system to replace sandbags to protect troops.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	Natural gas 1,000 sq ft	OIL	TSX
– 0.25¢ (97.25¢ US)	$3.800 US (– 8.1¢) Gold contracts $1,298 US (+$0.50)	+ $0.03 ($76.52)	– 14.26 (12,190.60)

INTERNATIONAL FINANCE

Bank to make acquisition in Chile

Scotiabank is making good on plans to capitalize on international opportunities, announcing yesterday it will acquire Royal Bank of Scotland's corporate and commercial banking operations in Chile.

Financial terms of the deal weren't disclosed and Scotiabank described them as "not financially material."

Scotiabank has long been considered Canada's most international bank, with major operations in Latin America and the Caribbean.

Rob Pitfield, Scotiabank's head of international banking, described Chile as one of the "most developed and attractive markets" in Latin America.

THE CANADIAN PRESS

RIM makes 'play' for tablet market

JEFF CHIU/THE ASSOCIATED PRESS

▶ Mike Lazaridis, president and co-CEO of Research in Motion Ltd., holds the new PlayBook yesterday during a conference in San Francisco.

With PlayBook, RIM is betting on smaller device than Apple's iPad

The Canadian company that gave us the BlackBerry — still the dominant phone in corporate circles — thinks its business customers will have room in their briefcases for at least one more device: The PlayBook.

Research in Motion Ltd. showed off the tablet for the first time yesterday and is set to launch it early 2011, with an international rollout later in the year.

The PlayBook will have a 17.8-centimetre screen, making it half the size of Apple Inc.'s iPad, and has a weight similar to the iPad's. And unlike the iPad, it will have two cameras, front and back. RIM didn't say what it would cost, but said it would be in the same range as the iPad, which starts at $549.

The PlayBook will be able to act as a second, larger screen for a BlackBerry phone through a secure short-range wireless link. When the connection is severed no sensitive data, such as company emails, are left on the tablet.

THE ASSOCIATED PRESS

Flash and all

RIM's PlayBook will work as a standalone device.

- **The whole web.** RIM co-chief executive Jim Balsillie said its goal is to present the full web experience of a computer
- **Flash support.** The tablet will display Flash, Adobe Systems Inc.'s format for video and interactive material on the web.
- **Fewer apps.** The tablet will thus be less dependent on third-party applications, Balsillie said.
- **Flashless Apple.** Apple CEO Steve Jobs has resisted allowing Flash on any of the company's mobile gadgets, arguing the software has too many bugs and sucks too much battery life.

Firms getting social online

Canadian businesses are turning to social media and they want to be more than just "friends."

A new report by Bank of Montreal based on a survey of 427 firms indicates one in three are using the relatively new technology to help their businesses.

Three-quarters of those companies using social media said making connections in the virtual world was very helpful in the real world as well.

"When it comes to sharing ideas, promoting company brand as well as products, social media has proven to be a method of choice for Canadian business owners," said Cathy Pin, BMO's vice-president of commercial banking.

30% The report states that about 30 per cent of firms on social media use it to promote brand recognition and to buff up the firm's reputation.

One of the advantages of social media is it allows for relatively easy and quick two-way electronic communications involving large numbers of people.

Facebook and Twitter are among the best-known examples of social media sites but there are many other sites and various forms, including podcasting, video sharing and social bookmarking. THE CANADIAN PRESS

▶ Claude Mongeau

Railway strikes deal with port

Canadian National Railway and the Montreal Port Authority have reached a framework agreement aimed at increasing the gateway's share of cargo shipped between Europe and markets in Ontario and the U.S. Midwest.

CN president and CEO Claude Mongeau said the agreement flowing from the memorandum of understanding will fulfil the railway's objective of reaching supply-chain collaboration pacts with all of Canada's major East and West Coast ports.

The agreement commits the two transportation groups to improving the port's productivity and to leveraging the gains to increase their transportation market share.

The Montreal port is a leading gateway for freight traffic moving between North America's industrial heartland and Europe. Its intermodal configuration allows trains to be organized dockside at terminals.

CN Rail's operations service Canada and mid-America through ports and connections across North America. THE CANADIAN PRESS

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Airline won't buy new craft until ready: CEO

Air Canada already has huge capital commitment, having ordered 37 new Boeing 787 Dreamliners: CEO

RYAN REMIORZ/THE CANADIAN PRESS

▶ Air Canada CEO Calin Rovinescu speaks to the ICAO/McGill aviation conference yesterday.

The country's largest airline is in no rush to buy new narrowbody aircraft and will carefully study how Boeing and Airbus challenge Bombardier's new CSeries, Air Canada's chief executive said yesterday.

Calin Rovinescu expects the airline will decide within the next year if it will stick to its Airbus and Embraer series of planes or purchase new fuel-efficient aircraft.

Buying new planes is a balancing act between the cost and the benefits, he told reporters following a speech to an international aviation organization.

"For us to buy 100 airplanes is immense, so it's not a decision that is made easily or quickly," he said.

"We will study it and make a decision once we have all the information from Boeing and Airbus."

Rovinescu said Air Canada continues to examine Bombardier's 110- to 149-seat CSeries that is slated to enter into service the end of 2013. Its larger American and European rivals are weighing whether to switch to new fuel-efficient engines or wait to develop replacement aircraft.

The first of the longer range and more fuel-efficient planes are expected to be delivered in the second half of 2013.

"There's a lot of moving pieces here. This is something we need to address but it's not a today issue," Rovinescu said, adding he doesn't want to make a premature decision he would regret.

Air Canada's chief financial officer recently said the airline plans to focus on reducing nearly $1 billion of debt coming due over the next two years.

THE CANADIAN PRESS

Existing fleet

- **202 planes.** Air Canada's fleet of 202 planes includes 86 Airbus A319, A320 and A321, along with 60 newer Embraer 175 and 190s.
- **Time is on their side.** Airline analyst Chris Murray of PI Financial Corp. said Air Canada can wait for years before making a decision on narrowbodies because the Airbus planes have relatively low cycle usage.

Technology. Touting the tablet

▶ Models display Sharp Corp.'s GALAPAGOS e-book Reader during a press conference yesterday in Tokyo.

SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Sharp unveils e-reader, bookstore

The new tablet-style reader comes in two models: The home type, with a 10.8-inch high-resolution LCD screen; and the mobile type, with a 5.5-inch display. Sharp Corp. plans to start its e-bookstore service in December.

Relief on the way?

The big three

- RBC compiles an "affordability" index that shows how much pre-tax income is required to pay for three major costs of home ownership: Mortgage payments; property taxes; and utilities.
- The report issued yesterday estimates that for the country as a whole, the cost of home ownership for a detached bungalow increased to 41.2 per cent of pre-tax income in the April-June period, up 2.3 percentage points from the first quarter.

The cost of owning a home in Canada continued to climb in the second quarter, but homeowners may soon experience some temporary relief as house prices and some mortgage rates subside, according to a report released yesterday.

The RBC Economics Research report found home ownership costs continued to rise in the second quarter of 2010, eroding affordability in most markets.

"The recent decline in mortgage rates and increasing evidence that home prices have started to stabilize in many markets are anticipated to provide some respite from the deteriorating trend in affordability in the near term; however, this is expected to prove temporary," RBC economist Robert Hogue wrote.

In the longer term, RBC said the trend of rising homeownership costs will return as the Bank of Canada continues hiking the key lending rate over the next year and a half, sending variable mortgage rates higher.

THE CANADIAN PRESS

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TRYING TO STAY CIVILIZED IN THE CITY

She says ...

JESSICA NAPIER

I'm going to let you all in on a little secret. Sometimes I purposefully hold the door-close button on the elevator.

Yes, even when I can hear someone coming. Because you know what — I want to ride up alone. I live on the 20-somethingth floor and I don't want to have to wait for five hours while every single person in the building finds their way home.

Now you're thinking that I'm pretty rude and guessing (correctly) that I did not grow up in a small town. In fact, I spent a good number of formative years in large, dirty cities where the people are as obnoxious as the air is polluted.

But here's my theory: It's not that city folk are rude; it's that *people* are rude. There are just so many of us living, working and breathing in such close proximity in the city that you're bound to notice offensive behaviour more frequently.

In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should and always, *always* stand right and walk left on the escalator.

"In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should ..."

It's a lot to learn, but I like to think of myself as a master of downtown decorum. However, every once in a while I am presented with someone who makes me question my etiquette expertise.

You've all met her, of course. She often shows up on a crowded bus or subway. I'll call her questionably pregnant woman. She's usually outfitted in a baggy sweater or an ill-fitting ensemble that makes her look heavy around the midsection but without the obviousness of a baby bump.

Questionably pregnant woman always seems to hover directly over me on my morning commute, leering at me in my prime individual seat.

Here's the problem, if I don't give up my seat for her I'm a selfish brat. But if I do offer the seat and she's not pregnant, I'm now a bitch who's hurt her feelings by suggesting that she looks like she has a baby on board.

In my opinion, it's better for her to think I'm rude and unwilling to relinquish my seat than for her to spend the rest of the day fretting over her BMI.

So next time you see me firmly rooted in my plastic chair while you're standing en route, just remember … I'm actually trying to be nice.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Examine all alternatives

Letters & Tweets

Re: Buy local: At what cost? (Sept 24)

TORONTO. In his most recent column, David Descôteaux argues that buying local creates grave harm on our society by essentially eliminating the comparative advantage of nations.

He goes to some length to explain that adopting a "buy local" strategy will hurt our pocketbooks.

In a feeble attempt to address the obvious advantages of buying local, he writes, "Buying local can, sometimes, help the environment. But its virtues stop here."

This glib denunciation of one important tactic to protect our planet, and hence ourselves, is perplexing to most rational citizens. It is undeniably clear that our planet faces environmental distress due, in large part, to our insatiable appetites and utter disregard for how products are created and transported. This lack of forethought has left us with a tenuous future.

It is simply illogical to assume that current consumption patterns can sustain themselves in the long run. The choices we make, in terms of our purchases, leave future generations in dire peril. It is time to examine all available alternatives, including buying local. **JIM BELO**

The choice is yours

What is your idea of a romantic date?

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Cameron House

You may think of it as that colourful Queen West building with the eye-popping murals, but inside those walls lives a long, equally vibrant history. The Cameron House began its first incarnation as a flophouse, where it served up Prohibition-era beverages to a ragged collection of neighbourhood eccentrics. Fast forward to 1981, when new owners transformed the space into a full-fledged arts community. It's now home base of Video Cabaret, a theatre ensemble that stages an inventive series of live shows using video cameras and hot-wired TVs. While you're there, ask your barkeep about the giant ants. (Don't worry — it's not what you think). **JORDANA DIVON**

CONTRIBUTED

▶ Learn more about the Cameron House's illustrious history at thecameron.com, or simply pop by 408 Queen St. W.

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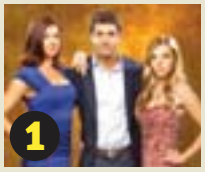
TOP 5

Best new TV shows to watch this fall

Primetime is packed with new series ◗ And your DVR is already overloaded ◗ What to make room for next to your returning favorites



1 Lone Star

It makes total sense that two women have fallen in love with Texas con man Robert Allen — actor James Wolk is irresistibly charming and infinitely watchable as a talented swindler struggling to break free from his dad's crooked shadow and make a go at a (relatively) honest life with both women.

"I've been in love and know what that feeling is like, so for the character, I kind of multiplied that by two," Wolk says.

Despite anemic ratings in its debut Lone Star is a show worth checking out— **this critical darling airs Mondays on Global and Fox.**

2 Boardwalk Empire

In one word: gorgeous. Creator Terence Winter and his crew — including Martin Scorsese, who directed the pilot — have paid attention to sumptuous detail in this historic drama recreating Prohibition-era Atlantic City.

"Alcohol was perfectly acceptable until January 15, 1920, and the next day it's illegal; so not everybody got on board. It's as if tomorrow orange juice is outlawed — now I'm bad because I drink orange juice? The difference between good and bad was blurred," explains Winter, who knows a thing or two about people living on the opposite side of the law — he was a writer on The Sopranos.

"Just because you're wearing a badge or you're a politician doesn't mean you're necessarily good, either," he adds.

After strong ratings for its premiere — and a quick pickup for a second season — **Boardwalk Empire continues to stroll Sundays on HBO Canada.**

3 No Ordinary Family

If you are looking for family fare with a twist than No Ordinary Family should be up your alley. The hour-long show is a mix of comedy and drama with some science fiction thrown in.

The totally average Powell family gain special ability after a plane crash in the Amazon River. Michael Chiklis (The Shield) plays the family's patriarch Jim, a police artist who gets super strength, while his TV wife Julie Benz (Dexter) is a scientist who gets super speed. **No Ordinary Family airs Tuesdays on ABC and CTV.**

4 The Event

Is the event a military cover-up? Who are those scientists? And why is the adorable Jason Ritter holding a gun? Though the pilot of this conspiracy thriller was tedious in its time-jumping structure, the final scene payoff was worth it — even if it posed another head-scratcher. Those who followed through will be rewarded handsomely in episode 2, promises executive producer Evan Katz.

"We're very cognizant of the audience's patience, of rewarding the audience," he says. "The show's really designed to answer questions, to satisfy people, to keep them hooked, frankly, but yet keep posing questions. We're keeping mysteries open, but we're solving them. And more specifically, in the second episode we are very clearly answering the two largest open questions in the pilot. **The Event airs Mondays on Citytv and NBC.**

5 Raising Hope

Newcomer Lucas Neff is all wide-eyed innocence as a slacker who finds out he fathered a kid with a convicted killer and is determined to do right by his little girl. "You don't want to poke them or insult them or anger them," Neff offers of the parenting motto on set. "Just make sure they eat regularly and don't sit in their own foods for too long."

It's a kooky premise that gets more absurd when you meet his blue-collar family — a chain-smoking, maid mom (Martha Plimpton); prankster dad (Garret Dillahunt); and grandmother who apparently doesn't own a shirt (Cloris Leachman) — but it makes sense since this sitcom's from My Name is Earl creator Greg Garcia. **Watch on Global and Fox.**

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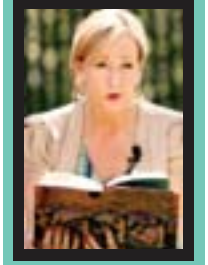
2 scene

Potter



Will J.K. Rowling write another book about Harry Potter?

That's among the topics discussed on Oprah Winfrey's first interview with the author, whom she met recently in Edinburgh, Scotland. The interview will air Friday on Winfrey's television program.

Forbes magazine has ranked Rowling as one of the richest women in Britain, with an estimated wealth of $1 billion.

THE ASSOCIATED PRESS

Simon Pegg, Michael Fassbender among voices for next Fable video game

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

MY TOP-FOUR SINGLES LIST

Lists. They're the articles everyone loves to hate. Every magazine, whether it's business, entertainment or food makes top-10 lists that usually irk people to the core.

That's precisely why they're so entertaining — you always have a better list in your head and can't believe anyone else would choose anything different.

So get ready to be angered Thursday, when venerable East Coast music scribe Bob Mersereau releases his latest book, the Top 100 Canadian Singles.

He polled hundreds of people in the music industry to come up with this list. He asked me to contribute, but I never got around to sending him my picks.

We won't know who topped the list until the 30th, but had I sent him my choices, here's what they would have been:

Needle and the Damage Done — Neil Young

It's one of the best tunes ever written period. From the opening guitar run to the incredibly infectious verse and the lack of a chorus, this song is so simple, yet very different than most of the folk tunes that came out in the early '70s. The haunting lyrics about heroin addiction put this track over the edge.

Underwhelmed — Sloan

The single came out not long after Nirvana hit big, but while it's got a grunge feel, it's anything but angsty indie rock.

"The Guess Who are always hit and miss. But when they're good, they're pretty fantastic."

The blistering drums, dueling vocal harmonies and distortion overload gives the song just the right amount of alt.rock aggression, but the humerous lyrics and poppy melodies proved that Sloan weren't just Cobain-like sad sacks.

These Eyes — Guess Who

The Guess Who are always hit and miss. But when they're good, they're pretty fantastic. These Eyes is one of their best. It's bouncy keyboards and jazzy instrumentation shows a different side to these rockers.

Arcade Fire — No Cars Go

This song is quintessential Arcade Fire. The speedy beats, brooding melodies, haunting, complex instrumentation and countless hooks has worked for them time and time again, but it started with this song.

With its loud Heys and rock-opera feel, it's likely this track will top lists for years to come.

Broken Bells born out of a secret

Brian Burton and James Mercer join forces and find a unique voice that's moody, melancholy Currently on second-leg of American tour

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ Brian Burton (left) and James Mercer shared the writing responsibility equally for their self-titled debut album Broken Bells.

Brian Burton and James Mercer worked in secret for almost a year as they developed tunes for a group that would become the Broken Bells. That approach was probably for the best.

When word got out that Burton — the eclectic producer whose credits include being one-half of Gnarls Barkley and this year's long-awaited Dark Night of the Soul with Sparklehorse — and Mercer, the Shins' leader, were working together, plenty of expectations arose, most of them wrong.

"I think some people thought it would be a Shins record produced by Danger Mouse," says Mercer, referring to Burton's producer nickname. "Or that I would be bringing beats," interjects Burton.

Or that it would be a side project for Burton, known for his unique collaborations including The Good, the Bad & the Queen that included the Gorillaz's Damon Albarn and the Clash's Paul Simonon.

What emerged was a self-titled debut album with a sound they call "sci-fi space-pop" and a group they insist is more than a one-off partnership.

"We just want to make sure that people understand that this is a band and this is what we are focusing on," says Mercer, whose Shins haven't released an album in three years.

"Sometimes we wish we were two guys nobody had ever heard of and this was our first band, because it would help us when people talk about it to not talk about everything else that we've done," Burton says.

The duo put out their album — which has cemented their musical partnership — earlier this year and recently launched the second leg of their American tour.

Although they were admirers of each other's work, the pair weren't exactly friends when they started working on the album at Burton's home. Instead, they were more interested in forging a new sound together.

"We wanted to make this beautiful, sad, kind of dark record because that's where we really crossed over in a lot of ways, but in a real psychedelic, catchy way," says Burton.

The band went lo-fi, using older technology to achieve a gritty retro-effect and they found that they meshed both sonically and emotionally.

The tone of the songs — moody and melancholy, and a bit depressing — represented the creative vision of both men.

"When we were done, this is the record that we wanted to make," says Burton. "This is the most comfortable I've been with an album after I've finished with it." THE ASSOCIATED PRESS

Broken Bells

The tone of the songs is moody, melancholy and a bit depressing.

- **The album** is not as soulful as Gnarls Barkley's Crazy but it has more groove than anything from the Shins.
- **The music is** rock-tinged with trippy vibe, and veers from a driving pace to a downbeat morose tone.
- **Mercer and Burton's** goal was to create music like they've never done before.

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Sequel gets rusty

Iron Man 2
Genre: Action
Director: Jon Favreau
Stars: Robert Downey Jr.
●●●

The first Iron Man found hilarity and energy by making it very plain just how much it was about the priapic Mr. Stark, whom Robert Downey Jr. invests with satanic allure.

For once, we had a superhero who wasn't fretting about the rights and wrongs of blowing up bad guys and saving the world. Instead he plotted how fast he could slip between the sheets with an admiring hottie.

Returning director Jon Favreau seems to have forgotten that the sun really does rise and fall on Downey's charms. Favreau and screenwriter Justin Theroux lard the script with a baffling array of characters and subplots.

There are still a lot of laughs, often punctuated by the "clank" of that ubercool outfit, but some of the jokes are a little rusty and the dialogue often runs to mere verbiage.

On paper, Mickey Rourke seems like an appropriately insane adversary. He's Ivan Vanko, a Russian mastermind with an aversion to soap and shampoo but a real knack with a soldering iron. He whips up his own S&M version of the Iron Man outfit.

Vanko has a grudge against Stark because of unsettled ancient business between Stark's arms-dealing daddy Howard (played in flashback by Mad Men's John Slattery) and Vanko's pa, who wasn't exactly lily-white himself. But both dads are now dead, and Vanko is peeved beyond what anyone can fathom.

Meanwhile, as they say in Comicsville, the story creaks with other distractions. Stark has to defend his good work before the U.S. Senate armed services committee, where he amusingly tangles with flapdoodling liberal Senator Stern (Garry Shandling) and conniving rival arms trader Justin Hammer (Sam Rockwell).

The franchise still has a lot of spark, but next time they need to clean the corrosion off the batteries.

Extras include a director's commentary, deleted scenes, alternate opening and numerous making-of featurettes.

PETER HOWELL

Frozen
Genre: Thriller/Horror
Director: Adam Green
Stars: Emma Bell, Kevin Zegers, Shawn Ashmore
●●●½

Frozen reminds us that you don't need much to make a good scary movie. Just a strong story, good actors and an abiding sense of how things dangle in the dark.

Taking a dramatic turn from the slasher hilarity of his breakthrough feature Hatchet, writer/director Adam Green plays it straight with a script that has the virtue of simplicity.

Pals Dan (Kevin Zegers), Joe (Shawn Ashmore) and Parker (Emma Bell) are three pals looking for cheap ski thrills. They've managed to scam one last run down a mountain from a lift operator who is anxious to get home.

The operator warns them that bad weather and nightfall are both closing in, and the mountain must be shuttered until the following weekend. Dan, Joe and Parker promise they'll be right up and down.

Things don't go as planned, and that's putting it mildly. Not much more of the plot can be revealed, except to say that there's perhaps no more lonely spot on Earth than being attached to a slender wire high above a dark mountain.

And what is that sound, off in the distance? What is it, and is it getting any closer?

The tension is almost unbearable. One actor loses a glove, and it registers like a grenade strike. But hypothermia isn't the most immediate threat facing the three stranded skiers.

We are given a few minutes to get to know Dan and Parker, who are boyfriend and girlfriend, and Joe, who feels like a fifth wheel. Dan is bossy, Parker is coy and Joe is a little moody.

Then it's straight up that mountain, where time stands still.

Not for the viewer, who will have reason to think of Open Water and Jaws before the final credits roll.

PETER HOWELL

Ozzy rocking Holy Land

Ozzy Osbourne said that alcohol, not politics, has stopped him from playing in Israel until now.

Osbourne is in Israel this week as part of this year's international Ozzfest tour, along with Soulfly and Korn. Yesterday's performance was his first ever in the Holy Land.

Asked why he hadn't played in Israel before, the heavy metal rocker, known for decades of decadence and substance abuse, told reporters in Tel Aviv on Sunday: "I guess I was drunk for so many years."

He said politics had nothing to do with it. "I try to stay away from politics. They don't understand me and I don't understand them," he said, sitting next to his wife Sharon.

Pro-Palestinian activists in Europe and the U.S. have urged artists to boycott Israel to protest the country's policies toward the Palestinians.

A number of performers, Elvis Costello and the Pixies, recently cancelled shows here, angering local fans. Other artists, including Metallica, Elton John and Rihanna, have resisted boycott calls and played in Israel this year.

THE ASSOCIATED PRESS

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Cast mates back Situation

Mike "The Situation" Sorrentino survived his first ballroom dance and he of the etched abs says he's determined to shine on Dancing With the Stars — especially with his Jersey Shore cast mates cheering him on.

The 32-year-old reality star made his debut on the hit ABC dance competition last week and landed in a three-way tie for last place with comedian Margaret Cho and actor David Hasselhoff. But he escaped elimination when Hasselhoff was ousted.

This week, he faces fellow survivors Jennifer Grey, Florence Henderson, Kyle Massey, Rick Fox, Kurt Warner, Brandy, Michael Bolton, Audrina Patridge and Bristol Palin.

Jersey Shore co-star Ronnie Ortiz-Magro says he wishes Sorrentino the best, but will only come to the Dancing ballroom "if they want to fly me out and pay for me to go."

Fellow cast mates Jenni "J-Woww" Farley, Sammi "Sweetheart" Giancola and Paul "DJ Pauly D" DelVecchio, however, said they'd be happy to leave Jersey briefly to support their pal in person. But he better do well, they said.

Ortiz-Magro said he'd be willing to text in a vote for Sorrentino.

"I hope he just tries his hardest, and he doesn't embarrass himself," Ortiz-Magro said.

"Or us," Farley added.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Mike "The Situation" Sorrentino will need to step it up if he wants to stay around on Dancing With the Stars

News in brief

Roenick the new Blades judge

TELEVISION. Former NHL all-star Jeremy Roenick is joining the judges' panel on Battle of the Blades.

The brash and outspoken retired American star started his career with the Chicago Blackhawks and played with the San Jose Sharks last year. Roenick will make his debut in the first performance episode on Sunday.

He joins previous judge Sandra Bezic and hosts Ron MacLean and Kurt Browning.

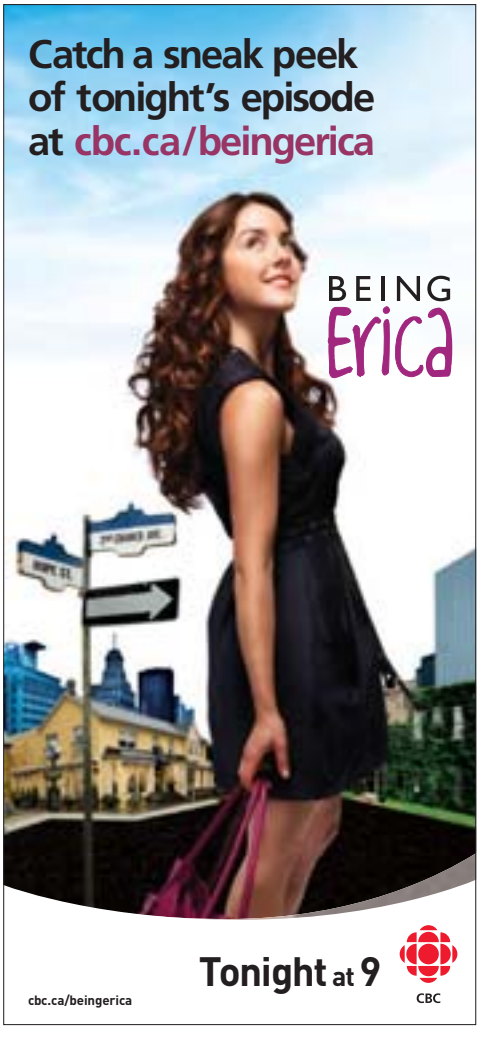
THE CANADIAN PRESS

Lady Gaga adds tour dates

CONCERTS. Lady Gaga has added two more Canadian dates to her North American tour next year.

The pop star had previously planned to play in Toronto on March 3, 2011, and has now added shows in Ottawa on March 6 and Montreal on April 25.

THE ASSOCIATED PRESS



Buried Life back with bucket list

Foursome say their hit show is about living life fully

Duncan Penn schemes to date Taylor Swift. Dave Lingwood tests himself and his tolerance for bruises in a mixed martial arts match. And the two, along with Jonnie Penn and Ben Nemtin, streak a soccer game and try to avoid getting busted.

These adventures and more are aimed at getting viewers of the quartet's MTV series The Buried Life to ponder the question: What do you want to do before you die?

The Canadian 20-somethings are having fun with their own bucket list, whether the item at hand is finagling access to the White House (last season) or posing as a country singer and his posse to get Penn and Swift together.

Siblings Jonnie, 23, and Duncan, 26, and childhood friends Lingwood, 24, and Nemtin, 26, gained inspiration and their intriguing title from a 19th-century Matthew Arnold poem that evokes a longed-for "buried life" hidden by mundane demands.

The four take their roles as Pied Pipers of self-fulfilment beyond the frivolous, using their wits and growing number of followers to benefit others.

Those efforts include helping a girl struggling with depression bring the disease to light in her town. It's the same layered approach — enlighten, entertain and assist — the four took when they started the project in 2006.

Then, they used a borrowed RV and lived off donated nutrition bars on a two-week summer trip. Now they've got the resources of a cable channel behind them but not, they stress, MTV's help. Each mission succeeds or fails by dint of their own industry and with the help of their growing online community of fans.

THE ASSOCIATED PRESS

▶ The four stars of MTV's hit show The Buried Life which debuted its sophomore season last night.

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Wangari Maathai to speak at We Day

Nobel Peace Prize winner Wangari Maathai is among the speakers taking part in this year's Free the Children's We Day on Thursday in Toronto at the Air Canada Centre.

The day is an opportunity for youth to learn how they can create positive change in the world.

It will feature speeches and performances from social activists, cultural icons, entertainers and global leaders — like Maathai, an environmentalist and political activist.

Maathai has been active in her native Kenya and across Africa as the founder of the Green Belt Movement — an environmental non-governmental organization focused on the planting of trees, environmental conservation, and women's rights.

Free the Children's Craig Kielburger, who helped arrange for Maathai to be part of We Day, recently addressed

▶ Wangari Maathai

the issue of women's rights in Africa:

Do woman living in Africa, receive the same education as their brothers? Do they now have a better chance to get an education than their mothers did?

There is significant movement towards universal primary education in Africa, but there is still quite a ways to go.

During the recent Summit on the Millennium Development Goals, a report was shared that in Africa, females spend 40-billion hours of every year collecting water; hours that could be spent in school.

Another recent report, however, shows a handful of African countries are on track to ensuring every child can receive a primary education.

A few weeks ago in Kenya, I saw first-hand the gap in the education. Often, boys go to school while girls help with chores.

I also met Mama Jane who married young and didn't go to school. Yet, she wishes her six-year-old daughter one day becomes a pilot. Mama Jane's daughter, unlike her mother, is getting an education.

And, if she can go to school and learn about a plane, who's to say she can't one day fly one?

For more information, visit weday.freethechildren.com.

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Created by Free The Children to celebrate the power of young people to create positive change, We Day is a day-long event that ignites a year-long program for change, called We Schools in Action.

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Ashton, Demi not afraid to show the love

Couple staying strong despite rumours of Kutcher's infidelity Moore gets affectionate in public with her man at house party

In the midst of allegations of his infidelity, Demi Moore and Ashton Kutcher are ramping up their public displays of affection.

While hitting up a house party recently with Moore's 16-year-old daughter, Tallulah, the couple was looking incredibly cozy, according to Us Weekly.

"At one point, Demi seemed very comfortable and sat on Ashton's lap," a source says. "Then she leaned back and was laying down all the way across his knees. She was not shy at all about being affectionate and didn't seem to care about people watching. It looked like she wanted to show everyone that they are very much together."

METRO

GETTY IMAGES

▶ Despite talk to the contrary Ashton Kutcher and Demi Moore are still together.

Lohan back in rehab

GETTY IMAGES

▶ Lohan

After posting bail and avoiding jail again, Lindsay Lohan is reportedly going back to rehab voluntarily in advance of her next court appearance on Oct. 22, according to People magazine. "She will step up her treatment and do more than what she was previously ordered to do," a source says. Meanwhile, Lohan spent part of her weekend volunteering at a homeless shelter. METRO

Celebrity tweets

Jessica Alba [@jessicaalba] Purchasing new toddler car seat for Honor. What do you all recommend?

Steve Martin [@SteveMartinToGo] So frustrating when you have to text but you're home so you have to go get in the car and drive all the way to the left lane of the freeway.

Russell Crowe [@russellcrowe] There's nothing so quiet as Sunday in the bush. Think I'll crank up the 750cc ATV and go and visit some cows.

Sarah Silverman [@SarahKSilverman] I'm dazzled by even the simplest choreography.

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Kush

A product that was developed to help prevent "nasty cleavage wrinkles" from creeping up between women's breasts appears to be busting out in Canada. The cylindrical plastic "pillow," called The Kush, is designed for large-breasted women who sleep on their sides to prevent wrinkles caused by the pull of gravity on their breasts.

THE CANADIAN PRESS

EU bans diabetes pill Avandia, U.S. restricts access due to heart attack risk

FLICKR CC SKIPPYJON

Falling back on track

Fall is looming and the clock to the winter is ticking. How do we stay in shape when we've lost the motivation that comes hand in hand with sunny days and endless nights

ROMINA McGUINNESS
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

1

Everyday things to get back on track

Start the day right. Have a breakfast that contains protein (eggs), healthy fats (nuts) and green vegetables (spinach). This will help keep you alert, burn fat throughout the day and keep hunger pangs at bay. Eat well. If we are eating well, our energy levels are high, our moods are positive and it's easier to get back into shape. Cut out all C.R.A.P (Caffeine, Refined Sugar, Alcohol, Processed foods).

Squeeze a fresh of lemon into a glass of water. It aids digestion.

2

Running out of excuses

The days are shorter, the weather is getting worse and we always seem to have a good excuse to avoid exercise, whether it's too wet, too cold or too windy. The truth is, there would need to be a blizzard to make exercising impossible, and for some people there is the option of the gym.

Instead of running yourself into the ground for nothing and treating exercise as a punishment, change your perspective.

Move. Spend at least 30 minutes a day doing some sort of movement or activity (running, walking, cycling).

3

Keep things rolling

Exercise first thing in the morning. Not only does this mean you get it out the way, it also means you will have a lot more energy throughout the rest of the day. Evenings will be dark and your energy probably sapped, so get moving as soon as you get up and get out whilst its getting lighter. This will also mean you get some sunlight first thing in the morning, which will up your mood.

Try something new. If you have spent the past year at the gym running or cycling in vain and without getting any results, then its about time you tried something new.

4

Give your body what it needs

One way to help improve our moods and to avoid common flu's and colds we tend to get during autumn and winter is to take a good quality fish oil an L-Glutamine. The essential fatty acids found in fish oil (specifically DHA) play a vital role in brain health and regulating our moods. L-Glutamine is a great immune system booster and helps to control sugar cravings. Mix one tablespoon into a glass of water when you wake up.

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Promoting research of stem cell therapy

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Stem cells can now be made from a person's own skin.

Stem cells are 'crazy exciting'

CELIA MILNE
LIFE@METRONEWS.CA

"There will not be treatments for a long time, but this is an amazing research tool."
MARYAM FAIZ, A POST-DOCTORAL STUDENT IN NEUROSCIENCE AT THE MCEWEN CENTRE

Stem cells can now be made from a person's own skin.

Nowadays, scientists can take skin cells, reprogram them back into stem cells, and from there, grow them into heart, blood, pancreas, neuron and liver cells.

"It's crazy exciting," says Maryam Faiz, a post-doctoral student in neuroscience at the McEwen Centre for Regenerative Medicine at the University Health Network in Toronto.

Not long ago, the only known source of stem cells was embryonic tissue.

The drawbacks to this type of cell were a risk of rejection and ethical issues associated with using embryos.

These new cells — called induced pluripotent stem cells (IPSCs) — don't have these limitations.

IPSCs are being used to understand diseases like Parkinson's.

Scientists can take the skin cells of a Parkinson's patient, turn them back into stem cells, and then make neuron cells that actually contain the genetic code for Parkinson's.

"There will not be treatments for a long time, but this is an amazing research tool," says Faiz.

▶ Lisa Ray, once voted the ninth Most Beautiful Woman of the Millenium, speaks about stem cell research.

Actress, who had myelmoa, makes impassioned stem cell plea

CELIA MILNE
LIFE@METRONEWS.CA

Lisa Ray, the glamorous Bollywood actor and model once voted the ninth Most Beautiful Women of the Millenium, now stands at a podium talking about — of all things — stem cell transplants.

Ray recently received a blood stem cell transplant, and it has given her a second chance at life. In 2009, at only age 37, Ray was diagnosed with multiple myeloma, an incurable form of cancer that affects the blood.

Normally, this cancer occurs in much older people. Ray, who starred in the 2005 Oscar-nominated film Water, is now cancer-free, as the transplant and other treatments put her disease into remission.

On a fall day in Toronto, Ray stands alongside some of Canada's leading scientists to passionately promote stem cell research. This evolving science will eventually transform treatments, not only for diseases of the blood, but also heart disease, diabetes, lung disease, leukemia, and spinal cord injury. Stem cells are the body's "starter" cells, which can be coaxed in the laboratory into developing into many different cell types.

The McEwen Centre for Regenerative Medicine at the University Health Network is at the cutting edge of stem cell research. At its high-tech laboratory in downtown Toronto, researchers create blood cells, like the ones transplanted into Ray, as well as heart, pancreas and liver cells. The centre shares its stem cells with other centres around the world.

"We make the cells and allow our colleagues to do something interesting with them," says Dr. Gordon Keller, director of the McEwen Centre.

Stem cells

Here's how it works:

The science behind it The researchers start with basic stem cells. To the stem cells they add various substances and coax those cells to divide and grow into to either blood cells, liver cells, heart cells, pancreas cells or cells that make insulin. Blood stem cells are already being used for transplantation.

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Seasonal allergies taking hold

That stuffy nose you've had for weeks might not be just a cold — it could be seasonal allergies acting up. More than nine million Canadians suffer from seasonal allergies, including those caused by ragweed in the fall months.

Exposure to allergens when the body's defenses are weakened (such as after a viral infection like a cold or the flu or during puberty) may contribute to the development of allergies. People with year-round allergies are more likely to have developed them as adults. **NEWS CANADA**

Ragweed runs rampant in fall

What allergy sufferers need to know about dreaded plant and how to avoid it Why the first frost is something to look forward to

From August to October, seasonal allergy sufferers have one thing to worry about when heading outdoors — ragweed.

As many Canadians know all too well, the allergen runs rampant in the fall months resulting in itchy and watery eyes, runny noses and sneezing.

Many people often mistake goldenrod for ragweed — but the two are very different plants. Goldenrod, with its yellow blooms, is often blamed for causing seasonal allergies, when the unremarkable ragweed plant with its toothed green leaves and small, inconspicuous flowers is the real culprit.

Ragweed is often found along the road, in fields and vacant lots in urban centres. It's a stubborn plant and since its pollen can travel for hundreds of kilometres, it's difficult to avoid.

"I always tell my patients to avoid peak pollen times in the fall, which are generally in the early part of the day," says Dr. Ross Chang, allergy specialist. "Having a good antihistamine on hand is also a must — I recommend non-drowsy options like Reactine, which can start to work in as little as 20 minutes and lasts a full 24 hours."

"Having a good antihistamine on hand is also a must – I recommend non-drowsy options like Reactine"
DR. ROSS CHANG

While ragweed may be a nuisance, the good news is the suffering will end with the first frost. So, allergy sufferers, you can happily look forward to the first cold night. **NEWS CANADA**

DANIEL HULSHIZER/THE CANADIAN PRESS

▶ Ragweed in particular is an allergen that is specific to the fall season in central and eastern Canada, since it generally blooms from August to October.

Tips

Here are a few tips from Dr. Chang.

- **Make the right choice** Non-drowsy antihistamines can start to work in as little as 20 minutes.
- **Goodbye pollen** By taking a shower after coming in from the outdoors, you can minimize exposure and reaction.

Ragweed the hardest to avoid

Given that each ragweed plant produces one billion pollen grains on average each season, and that pollen can travel several hundred kilometres, it can be difficult, if not impossible, to avoid.
NEWS CANADA

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5 foods for Fall

1 **PUMPKINS.** Loaded with carotenoids that help fight against free radicals. Pumpkin is also a remarkably rich source of iron, zinc and fibre.

2 **APPLES.** A classic when it comes to healthy eating, apples contain calcium and vitamin C, essential for healthy bones and boosting your immune system with the colder weather. Their fibre content helps maintain a healthy digestive system and they are an incredible source of anti oxidants.

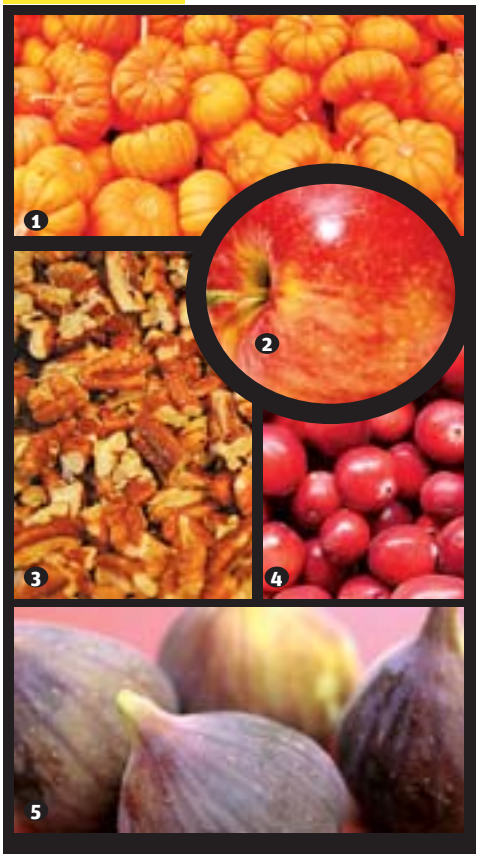
3 **PECANS.** Pecans are full of heart healthy fats and are incredibly nutrient dense. They make the perfect mid morning or snack along with low GI fruits such as blueberries.

4 **CRANBERRIES.** these little berries are a fantastic source of the healthy heart antioxidant anthocyanins, the same one found in red wine and tea.

5 **FIGS.** They are a great source of fibre that will help pull toxins out of the system. They are also loaded with potassium, which has been shown to help control high blood pressure.

ROMINA McGUINNESS

Foods for fall



Breast cancer incidence fall, says new study

The first Canadian study of its kind is adding to a growing body of international evidence suggesting that the use of hormone replacement therapy may raise the risk of breast cancer.

However, some doctors counter that such studies do not prove a cause-and-effect association between taking hormones and the onset of breast cancer, and stress there could be many other factors playing a role in the development of the disease.

The study by the Canadian Cancer Society found there was a significant decrease in the rate of new breast cancers among postmenopausal women between 2002 and 2004 — coinciding with a huge drop in the use of hormone replacement therapy, or HRT.

"The drop in breast cancer incidence was fairly significant," said lead author Prithwish De, an epidemiologist with the Canadian Cancer Society yesterday.

"We saw a 10 per cent drop in the incidence rate of breast cancer from 296 per 100,000 women to about 278 per 100,000."

THE CANADIAN PRESS

The science

Taking hormones appears to increase the risk of breast cancer, heart attack, stroke and blood clots in the lungs.

Study Many Canadian women stopped taking hormones in 2002 after a massive U.S. clinical trial — the Women's Health Initiative — suggested the risks of taking HRT outweighed the benefits.

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metro

Start right with your child's sight

The first five years of your child's life are filled with milestones—many of them visual. As a parent, you can encourage development of good visual skills from the start, by keeping 'reach and touch' toys within your child's focusing distance (about 20 to 30 cm for infants), alternating right and left sides with each feeding, and talking to your baby as you walk around the room. Hanging a mobile above the crib or change table helps, too.

But despite parents' best efforts, an estimated 10 per cent of children still start school with a vision problem. This is why the Canadian Association of Optometrists recommends children have their first eye examination at only six months of age.

This eye exam goes far beyond a sight test. It includes a review of your child's health and vision history; rules out ocular diseases; and tests for visual acuity, refractive errors, near- and farsightedness, astigmatism, crossed-eyes, eye coordination, focusing ability, eye movement control, depth perception, and colour vision. If no problems are detected, your child should be examined again after age three.

AMBLYOPIA

One of your optometrist's main concerns will be amblyopia ('lazy eye'), a condition affecting two to four per cent of children. Amblyopia occurs when the vision in one of your child's eyes is blurred. Over time, this eye becomes underused. Treating amblyopia typically involves placing a patch in front of the child's good eye, stimulating use of the weak eye and making it stronger. The earlier it is diagnosed, the greater the chance for a complete recovery. If patching is poorly tolerated, or unsuccessful, prescription eye drops may be used to temporarily blur vision in the good eye. Corrective lenses may also be necessary.

What are you staring at?

Desktops, laptops, PDAs—you rarely go a day without staring at a screen of some kind, often for a bit too long. Fortunately, a few changes to your viewing routine can minimize eye strain while allowing you to finish whatever work (or play) that needs to get done.

Most people blink about half as often while looking at a computer screen as they would otherwise. This causes their eyes to dry out quickly. Make sure to use artificial tears or gels to prevent dryness, or better yet, adopt the '20-20-20 rule': every 20 minutes, take a 20-second break from your computer screen and focus your eyes on something at least 20 ft (6 m) away.

Correct positioning of your computer, keyboard, and typing copy is essential too. Your screen should be positioned about an arm's length from your eyes and 20 degrees below eye level.

Glare is another serious cause of eye strain. Employ diffuse, not direct, room lighting to reduce glare. Consider an internal or external glare screen to reduce it even more. Don't forget to set your colour, contrast, and brightness to the proper levels as well.

When it comes to your eyesight, smaller isn't always better. Many people strain to see the tiny text and images displayed on their PDAs, cell phones, and other handheld digital devices. These screens may also be quite dim. As with larger screens, the key is to limit use, take frequent breaks, and remember to blink. Computer-related eye strain can be especially bad if you have pre-existing vision problems. If you're near- or far-sighted, have an astigmatism, or wear bifocals, trifocals, or progressive lenses, your eyes may have to work harder to maintain a clear image on the screen. Following a thorough (and painless) eye exam, your optometrist can advise you on the safest, most comfortable ways to work and play in front of the computer. And if you wear glasses, don't forget to ask about lenses designed specifically for heavy computer users.

Assessing your child's vision

Children rarely complain of vision problems, in part because they assume everyone sees the way they do. In between regular eye health check-ups, watch for these signs of potential problems:

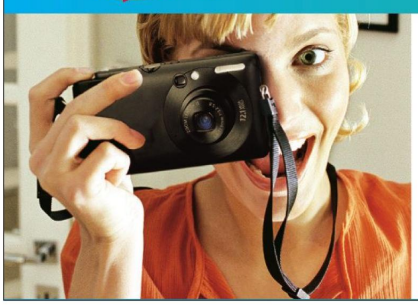
- *Turning or tilting of the head to use only one eye*
- *Red, itchy, or watery eyes*
- *Frequent headaches*
- *Academic performance below your child's potential*
- *Avoidance of close work; dislike of reading*
- *Holding reading material closer than usual; omitting or confusing small words; using a finger to maintain one's place on the page; making frequent reversals when reading or writing*

Finally, don't assume your child sees well just because he or she can pass a vision screening with a 20/20 score. This only means your child can see at 20 feet what she or he should be able to. It is not a guarantee your child's eyes are healthy and disease free.

OPTI-FREE® RepleniSH® MULTI-PURPOSE DISINFECTING SOLUTION

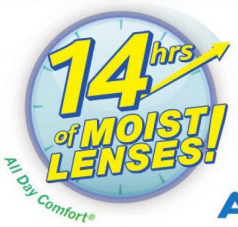
Healthy eyes are important to you
Your contact lens solution should be too

"I can't afford to take chances with the health of my eyes or the productivity of my day"



OPTI-FREE® RepleniSH® MPDS effectively disinfects and cleans your contact lenses, so your eyes are more comfortable for a full day of activity.

OPTI-FREE® RepleniSH® MPDS is clinically proven to retain moisture so your lenses stay moist and comfortable for up to 14 hours.[1,2]



1. Meadows D, Ketelson H, Napier L, *et al*. Clinical ex vivo wettability of traditional and silicone hydrogel soft contact lenses. Poster presented at BCLA; May 2006; Birmingham, UK.
2. Data on file. Alcon Laboratories Inc.

Alcon

Alcon Canada Inc.
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You shouldn't experience discomfort because you wear contact lenses

Replacing your contacts more often could improve your comfort.

Upgrade to ACUVUE® OASYS® Brand Contact Lenses, recommended for two week replacement.

New to ACUVUE® OASYS®? DOUBLE your rebate

LIMITED TIME REBATE OFFER!*

Ask your eye care professional for more information

If you've never worn ACUVUE® OASYS® Brand before, ask for the double rebate mail-in offer for up to $100 off the purchase of an annual supply before December 31, 2010

*Up to $50 mail-in rebate on the purchase of ACUVUE® OASYS® Brand Contact Lenses or double the rebate for first time ACUVUE® OASYS® Brand Patients.

Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye care professional. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye care professional immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit acuvue.ca.

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Eye safety begins at Home

Your home may be your castle, but that's no excuse to be careless. Do you put your eyes at risk every day, without even knowing it? Here's where you can find out.

In the kitchen, use a grease shield to prevent hot liquids from hitting your eyes. Point spray nozzles away from your face, and don't forget to aim that champagne bottle in a direction other than yours. When it's time to clean up, remember to wash your hands thoroughly after using any harsh chemicals and wear goggles if necessary. Should a chemical splash in your eye, immediately flush it with water, or any drinkable liquid. Hold the eye open if necessary, continue flushing for 15 minutes, then seek medical attention.

If you have a workshop in your garage or elsewhere, be careful of flying debris when using tools. If something does get in your eye, don't rub it. Try blinking the object out, hold your eyelid open to stimulate tearing, or flush with water.

Your garden can be another source of trouble. Make sure to trim (or at least duck) any low-hanging branches on your property. Pick up rocks and stones before mowing your lawn, and if using pesticide sprays, keep them pointed toward the ground.

Car maintenance carries its share of risks too—never have a lit cigarette in your mouth when opening the hood. Use a flashlight, not a match or lighter, to peek inside. Be wary of spraying air conditioner fluid and if jump-starting the car, don't lean over the battery while attaching cables. Wear goggles when performing body work; in fact, keep a pair in the car at all times. And remember: contact lenses are no substitute for proper protective eyewear.

Keep an eye out… for yourself

Remember when your mom or dad took you to the eye doctor? Maybe not—it probably didn't happen too often. But when it did, you can bet it was important.

Now you're on your own. Your parents don't make the rules, you do. And your parents don't book your appointments anymore, either. If you've got a vision problem, it's up to you to recognize it, and seek out an optometrist for help.

Has anything changed?

Ironically, vision problems can be hard to spot. We spend so much time in front of computer screens and stay up so late that fatigue and eye strain seem like credible explanations for everything. But sometimes, there's more going on. Here's just a few of the symptoms an optometrist would want to know about:

- Sudden spots, flashes of light; wavy or watery vision; blurry faces; haloes around lights; double vision.
- Shadows; black spots or blurriness in central or peripheral (side) vision.
- Changes in colour vision.
- Decreased vision in one or both eyes.

Since you're getting older, you may be at increased risk for Hyperopia (farsightedness). Although less common than Myopia (nearsightedness), Hyperopia becomes more prevalent the older you get. So does astigmatism, which can cause headaches and blurred vision at all distances. If you're diabetic, of African or Hispanic descent, have a family history of vision trouble or a previous eye injury, problems are more likely. Your optometrist can fill in the blanks.

But let's say you feel fine. You've still got to go for a checkup once in a while, right? That's what we grown-ups do. If you're under 64 and things are good, you should make an optometrist appointment every two years. And then, get back to the rest of your life.

Have you been framed?

It's as plain as the look on thousands of faces, city-wide: Retro glasses are in.

"People want to be seen," says Nellie Chung, president of Novus Optical, in Toronto. "They're buying thick frames in bright, bold colours—glasses you can't miss. Many are mixing and matching frames and arms of different colours, making them stand out even more. "

Consumers, it seems, don't want subtlety in their eyewear. They want frames that speak loudly about their personalities, marking them as individuals. Nerds are cool, don't you know? But some people see things differently.

"Our senior customers aren't as interested," explains Chung. "They can find heavy eyewear uncomfortable; plus, the thicker frames can make them look pale. For them, rimless glasses are a much hotter item."

Dropping out? You don't have to be a statistic.

If you need corrective eyewear, chances are you've considered contact lenses. After all, the 'clean look' will always be in. But not all Canadians stick with contact lenses over time. They're the 'dropouts'—men and women forced to give up their contacts due to discomfort. Fortunately, modern research has yielded new solutions, making monthly contact lens-wear a better balance of form and function.

Discomfort is often caused by dry patches and deposits, which can develop on the surface of your contact lens and lead to gritty sensations and itching. Their interaction with tear proteins can make the lens dirty, too. The key to eliminating this source of discomfort is establishing long-lasting moisture for your lens. Soaking your contacts in a solution such as OPTI-FREE RepleniSH keeps your lenses moisturized, clean, and comfortable throughout the day.

Are you wearing the most comfortable contact lenses?

Ask your Eye Care Professional about ACUVUE® OASYS® Brand Contact Lenses, the only lenses with HYDRACLEAR® PLUS. They'll feel almost like wearing no lens at all.

ACUVUE®
BRAND CONTACT LENSES
SEE WHAT COULD BE™

Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye care professional. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye care professional immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit acuvue.co.

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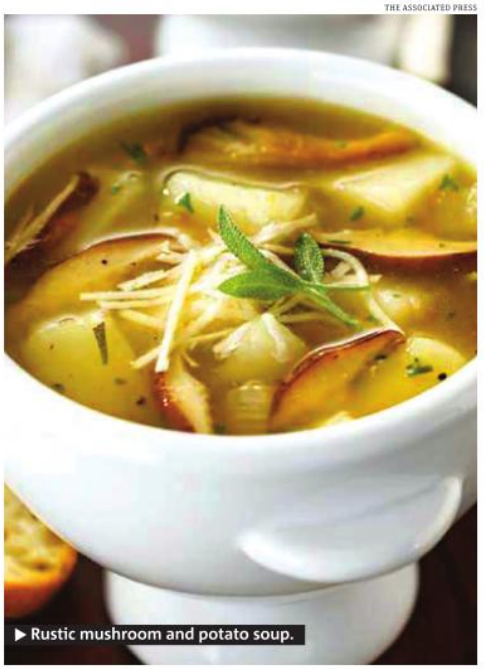
A rustic, hearty dish for the brisk fall weather

THE ASSOCIATED PRESS



▶ Rustic mushroom and potato soup.

This rustic and hearty soup with potatoes and wild mushrooms is a quick and delicious autumn dish to warm tummies on a cool evening.

Ingredients :

- 30 ml (2 tbsp) butter
- 1 onion, chopped
- 500 g (1 lb) wild mushrooms (such as shiitake or oyster), thinly sliced
- 4 cloves garlic, minced
- 15 ml (1 tbsp) chopped fresh sage or thyme or 5 ml (1 tsp) dried
- 1 ml (1/4 tsp) salt and pepper
- 1 bag (750 g) frozen potato chunks
- 125 ml (1/2 cup) dry white wine
- 1.25 l (5 cups) vegetable or chicken broth
- 50 ml (1/4 cup) chopped fresh parsley
- 5 ml (1 tsp) hot pepper sauce
- 125 ml (1/2 cup) shredded Asiago cheese (optional)

Preparation:

1. In a soup pot or large saucepan, heat butter over medium-high heat and cook onion, mushrooms, garlic, sage, salt and pepper for about 10 minutes or until it is beginning to become golden and onion is softened.
2. Add frozen potatoes to pot and stir to coat with mixture. Add wine; stir and cook until wine has evaporated. Add broth and bring to a boil. Cover and simmer for about 10 minutes or until potatoes are very tender. Stir in parsley and hot pepper sauce.
3. Ladle into soup bowls and sprinkle with cheese, if using. Makes 6 to 8 servings.

THE ASSOCIATED PRESS

Liquid assets

Any time for white wine

PETER ROCKWELL
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One of the many, many old wives tales about wine is that for some reason white wines take a back seat to reds when fall arrives. Maybe it has something to do with that "no white pants after Labour Day" mantra people way more fashionable than me mumble to themselves this time of year.

While a slight chill in the air and the rustic aromas of leaves dying may suggest a red wine vibe, I'm going on record saying that every day is a good day to drink white. The weight of an oaky chardonnay certainly works with all four seasons, but let me also push the versatility of German riesling.

Soft, slightly sweet (in a juicy apple fruit sense) and undeniably gulpable the Schmitt Söhne 2009 Relax Riesling ($11.95 - $13.13) is a, well, relaxing wine perfect for fall. Try matching it with a Thai or spicy Szechuan dish.

Prices reflect the range across the country. Some products may not be available in all provinces. Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

A sale as big as my biceps. Well, almost.
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Good call

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Devonshire Mall
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Dufferin Mall
Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
Scarborough Town Centre
Seaway Mall
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
The Promenade
Toronto Eaton Centre
Union Station
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Splitting is good to do ... for a bit

It's a common dilemma for travelling couples: one wants to stay at the museum, the other would rather go to the beach, the hotel, the cafe, basically anyplace else. What to do?

A recent post to Fodor's online Europe forum was titled: My husband spends too long at each tourist attraction.

"I guess my husband and I are not travel compatible," wrote WorldTraveler1024. "I like travel but get so frustrated with him when we visit museums, historic and scenic sites. For example, he will go into a museum or an art gallery and insist that we spend basically the entire day there. After three or four hours I am getting bored and ready to move on to the next attraction but he is just getting started ... Finally we leave and I am so happy to get out of the place and he feels like he was being rushed!"

That prompted numerous replies. Here's a sampling, offered in case any of the advice proves useful to others:

"Find a compatible person to travel with if you can't get past this. Or go alone."

— My husband is like yours, he has to read every label, see every exhibit, microscopically inspect every display. Luckily he is not overly keen on most museums, or on cities, but he is a pain when we do visit one.

— My husband and I split up sometimes. I go shopping or take a tour, he hits the casino or the pub. After a big fight on our first trip to Europe, we figured out we don't need to be joined at the hip.

— My wife reads every description including how to use the fire extinguisher ... One time, in a larger museum, we walked into a spoon collection each with an individual notation, and if a gun was available, I am not sure whether I would have been suicidal or homicidal. THE CANADIAN PRESS

COUPLE MADE AN INSTANT CONNECTION ON FIRST DATE

How We Met: Dragan & Margarita

Names: Dragan, 30, and Margarita, 25

Hometown: Stoney Creek, Ont., and Toronto

Together since: February 2010

Their story:

▶ Dragan and Margarita made an instant connection on their first date.

"Just when I (Margarita) was about to give up on online dating — thanks to MANY disappointing dates — I received a message from Dragan.

"The outdoorsy photos on his profile really caught my attention. After just a few chats, I asked if he wanted to talk on the phone.

"He passed my 'phone test' brilliantly by calling right away and suggesting we meet in person.

"On our first date, we went out for drinks and nachos, and we had a great time playing a question and answer game to learn more about each other. There was instant chemistry between us. For the first time in months, a first date was exciting again!

"Soon after, we took our first trip together to New York City — and proclaimed our love to each other on the way back to Toronto. We love spending our weekends together — rollerblading, cooking, going out or just cutting the lawn. I couldn't have dreamt of having such a perfect life companion: Dragan is loyal, smart, active and hardworking. I can say with a confidence that I found 'the one'.

"Finding love online is possible. Maybe kissing a few frogs is worth it in the end!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

LOYALTY CAN PAY OFF

According to Canadaloyalty.com, the average Canadian consumer carries six different loyalty cards in the hopes of saving money or getting free stuff. The purpose of a loyalty program is to persuade you to change your buying behaviour — consume more than you would in the absence of a program, and ideally from the same vendor. It's tempting to turn ordinary purchases of groceries, fuel or shoes into something of value — free hotels and flights. However, these programs can be complex and may trick a savvy buyer into overbuying and overspending. Everyone loves free rewards, but not at the expense of your financial plan.

It only makes sense to join a loyalty program if you're already a loyal shopper, thus it's meaningful and you earn rewards for purchases you'd otherwise have made. For most Canadians, this means accumulating credit card or airline points.

But remember: Rewards shouldn't drive your purchase decisions. Good financial planning should; have only one or two credit cards and avoid carrying a balance. Does the purchase help build your net worth? If it doesn't, think again.

'Tis the season to get great deals

Alison's seasonal money rule Nothing beats the fall for dollar stretching opportunities

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Fall is a wonderful time to enjoy hiking, biking, gardening and cooking with the wealth of seasonal produce now available. It's also a great time to stretch your dollar by shopping for supplies to do all of the above.

My shopping goal this fall is a bicycle. My 35 year old (yes, you read it right) road bike, an original Apollo Mark IV, met its end in a repair shop whose owners scuttled away in the middle of the night taking my beloved steed with them.

Now my mourning period is over I need to get back in the saddle and, fortunately, deals abound as the season winds down. Expect to save 20 to 30 per cent or more on bikes at most price levels.

Here are some other items that are a fall shopper's delight:

Al Fresco: Forget BBQs, instead look for reductions on patio furniture and everything to do with dining in the great outdoors. Selection can be sketchy but the trend today is mix and match.

RVs: If you are thinking about RV'ing next summer or want to upgrade from a tent, you'll find an array of mark downs especially on motorhomes.

Holiday gifts: Small decor items, candles, tableware and paper products that smack of summer can be 50 per cent off or more at this time of year but they are a delight to receive in the depths of winter.

Clothes: Fall into winter. Lots of clothing items that come out in mid-August for the fall will start being reduced in a couple of weeks to make room for winter fashions. Most fall pieces will work brilliantly right through the winter.

Perennials: Even though fall is absolutely the best time to plant shrubs, trees and flowers, the garden centres are forced to reduce prices drastically to clear out stock.

Downtown shopping: There are excellent buys in cities. Check out the tourism website of your favourite urban spot and look for packages that combine hotel, entertainment and dining.

ALASTAIR GRANT/THE ASSOCIATED PRESS

▶ Fall is the time of sales, so get ready to save!

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.85%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

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FLIGHT CENTRE® Unbeatable

Airfares

Jamaica $99
Travel Oct 2 - Oct 9/ts + taxes & fees $279

Cancun $75
Travel Sep 30 - Oct 7/ts + taxes & fees $287

Fort Lauderdale $119
Travel Oct 2 - Oct 9/ts + taxes & fees $240

Vancouver one-way $175
Travel Oct 16/ac + taxes & fees $86

Panama $179
Travel Oct 4 - Oct 11/c6 + taxes & fees $245

London $199
Travel Oct 25 - Nov 11/ts + taxes & fees $336

New York $206
Travel Oct 20 - Oct 27/pd + taxes & fees $125

Costa Rica $247
Travel Oct 2 - Oct 9/ws + taxes & fees $220

Los Angeles $280
Travel Oct 5 - Oct 12/dl + taxes & fees $128

Amsterdam $480
Travel Nov 2 - Nov 10/lx + taxes & fees $426

Lima $595
Travel Nov 10 - Nov 24/la + taxes & fees $265

Cairo $699
Travel Nov 8 - Nov 22/tk + taxes & fees $385

Bangkok $865
Travel Nov 16 - Nov 30/ay + taxes & fees $455

Johannesburg $959
Travel Nov 10 - Nov 24/sa + taxes & fees $520

Vacations

Paris
Air + First 2 Nights
$381
All Season's Bercy + taxes & fees $363
INCLUDES central accom. Travel Oct 14 - 22/vat/ts.

Niagara Falls Family Special
1 Night + Waterpark $59◊
Great Wolf Lodge taxes & fees included
INCLUDES family suite accom with waterpark pass. Price per person based on a family of 4. Departs Oct 22/ggv. BOOK this package based on double occupancy for $117 per person.

Las Vegas Air + 4 Nights $295
Circus Circus + taxes & fees $247
INCLUDES accom on the Las Vegas Strip. Departs Oct 24/swg/wg. UPGRADE to a 4-star for $20 per night.

Hong Kong Air + 7 Nights 4-Star $1199
Harbour Plaza North Point + taxes & fees $235
INCLUDES central Harbourview accom. Departs Nov 2/ggv/ua. ADD Hong Kong Island tour for $34.

Sydney Air + First 4 Nights $1229
Devere Hotel + taxes & fees $337
INCLUDES first 4 nights accom in the heart of Sydney. Departs Nov 1/ggv/qf.

Rio de Janeiro
Air + First 4 Nights 4-Star $1249
Sheraton Rio Hotel & Resort + taxes & fees $201
INCLUDES first 4 nights accom in a beachfront hotel. Departs Oct 7/ggv/ua. BONUS breakfast included.

Escorted Tours

Southern Thailand
9-Day Tour sale $568
Southern Thailand Sojourn taxes & fees included
HIGHLIGHTS Bangkok, Khao Sok National Park, Ko Samui and Ko Tao. Departs Nov 15/gap.

Cambodia 10-Day Tour sale $652
Roam Cambodia taxes & fees included
HIGHLIGHTS Bangkok, Siem Reap, Angkor Wat Temple complex, Phnom Penh, Sihanoukville, Mekong Delta and Ho Chi Minh City (Saigon). Departs Oct 20/gap.

Costa Rica 9-Day Tour sale $655
Costa Rica Quest taxes & fees included
HIGHLIGHTS San Jose, Arenal Volcano, Monteverde Cloud Forest and Manuel Antonio National Park. Departs Oct 27/gap.

India 16-Day Tour sale $840
South India Unplugged taxes & fees included
HIGHLIGHTS Chennai, Mamallapuram, Madurai, Varkala, Kerala Backwaters Homestay, Kochi, Mysore, Hampi and Goa. Departs Nov 7/itp.

Asia 15-Day Tour sale $1088
Colours of Asia taxes & fees included
HIGHLIGHTS Singapore, Melaka, Kuala Lumpur, Homestay, Penang, Nakhon Si Thammarat, Koh Samui and Bangkok. Departs Oct 24/itp.

Eastern Europe 10-Day Tour sale $1127
Prague to Venice Adventure taxes & fees included
HIGHLIGHTS Prague, Cesky Krumlov, Vienna, Budapest, Bled and Venice. Departs Oct 29/gap.

Brazil 15-Day Tour sale $2159
Iguassu and Beyond taxes & fees included
HIGHLIGHTS Buenos Aires, Esteros del Iberá wetlands, Iguassu Falls, Paraty, Ilha Grande and Rio de Janeiro. Departs Nov 19/gap.

All-inclusive Vacations

Puerto Plata
7 Nights 4-Star
$177
Barcelo Puerto Plata + taxes & fees $332
Departs Oct 1/nol/c6.

Varadero 7 Nights 4-Star $197
Arenas Doradas + taxes & fees $215
Departs Oct 4/nol/c6. UPGRADE to 5-star Iberostar Laguna Azul for $47 per night.

Punta Cana 7 Nights 4-Star $255
Grand Paradise Bavaro Beach Resort & Spa + taxes & fees $338
Departs Oct 5/swg/wg.

Puerto Vallarta 7 Nights 4-Star $288
Holiday Inn Puerto Vallarta + taxes & fees $283
Departs Oct 7/vat/c6.

Mayan Riviera 7 Nights 4.5-Star $375
Grand Coco Bay + taxes & fees $287
Departs Sep 30/swg/wg.

St Marteen 7 Nights 4.5-Star $488
Sonesta Maho Beach + taxes & fees $250
Departs Oct 1/vat/ts.

Costa Rica 7 Nights 5-Star $797
Riu Guancaste + taxes & fees $90
Departs Oct 2/sqv/ws.

Aruba 7 Nights 4-Star $1098
Holiday Inn Sunspree + taxes & fees $250
Departs Nov 28/vat/c6.

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It's your office on the go

New company is helping businesses untap the hidden potential in their smartphones

KEITH CARMAN
LIFE@METRONEWS.CA

"Our clients leave training feeling so much better about how best to use their smartphones."
DION MAHADEO

There are a lot of untapped resources in your smartphone.

When it comes to using smartphones, most of us aren't all that wise.

While people laud the advancements in technology — that feeling of always being connected, and those life-simplifying applications — recent studies show the average person doesn't understand around 95 per cent of what their phone is capable off.

That's a lot of untapped resources we're not using, especially when you look at your monthly bill.

It's an amount one company refuses to let go to waste.

"Our goal is to transform your real life business problems into solutions through the effective use of your untapped business asset: your smartphone," says Dion Mahadeo, president and CFO of PhoneSmartz Inc.

He created the business along with Jeff Ethier and Ahamad Khan to help regular people and business users to better understand and use their handheld devices.

While still in the first year of operation, PhoneSmartz is already receiving glowing accolades thanks to their mobile phone savvy.

"We're constantly amazed about how little people know about their smartphones," Mahadeo says.

"They or their company can spend in excess of $100 a month on their phone bill and they probably use around five per cent of its functionality.

"An analogy we like to use, is it's like buying a laptop and high speed internet connection but all you use it for is to check your email at home."

The company offers customized instructor-led workshops, and will also look at the secific needs of their clients so they can "bring simplicity to the smartphone."

While PhoneSmartz conducts advanced classes, Mahadeo says many people just need a cell phone 101 type introductory course to learn how to properly use their devices — and get a better understanding of how it works, and what it can do.

"The amount of functions these devices offer seem complicated and overwhelming. That's where we provide value.

"Our training/consulting is designed to help anyone, whether for business or personal," Mahadeo says.

"We train you to customize your smartphone, save you time, money, make you more efficient, productive and technology-proficient.

"Clients can now truly say that we have transformed their smartphone into their virtual office," he adds.

Solutions in the palm of your hand

Currently offering instruction on Blackberry and iPhone as they are "(contemporary) standards in the business market," PhoneSmartz is expanding to include platforms including Google Android OS, iPad and other tablet devices. When faced with clients feeling their needs are unattainable, Mahadeo says that with the assistance of PhoneSmartz, virtually any smartphone is capable of tackling a business' particular peculiarities. "Many times, the customer did not even realize the device was capable of providing a solution to their very specific issue." METRO

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News in brief

SFU French programs get funding

DEAL Simon Fraser University has received $6.8 million — $4.8 million from the federal government and $2 million from the B.C. government — to maintain French-language programs and courses that have been developed since 2004.

The funding is part of an agreement with B.C. on minority language in education and second official language instruction. The funding runs through 2013.
METRO

Second Career having success

PROGRAM In a survey of students in Ontario's Second Career program, 93 per cent of respondents have graduated, and more than 60 per cent have found work within an average of three months. Eighty-six per cent are either satisfied or very satisfied with the retraining program. The survey shows that the average Second Career participant is about 40 years old, with an almost equal proportion of men and women enrolled in school. Since June 2008, the program has helped 36,000 laid-off workers. METRO

How to avoid getting a roommate from hell

Open dialogue key to sharing space, finding the right roommate

For countless college and university students living away from home, part of the adjustment to post-secondary life involves sharing close quarters with another newcomer on campus: the roommate.

It's daunting enough making the leap to the education big leagues. But for students searching for their temporary home away from home, excitement can be coupled with apprehension about living with a stranger and being in an unfamiliar environment.

"There's always the worry or concern or anxiety from the students, 'What if I don't like my roommate? What if we don't get along?'" said D'Arcy Ryan, director of residence life at Concordia University in Montreal.

"But within our history, we've rarely had issues or problems with our roommates, and we chalk that up to a strong admission process in that we ask them for their characteristics and qualities of themselves, and then what they're looking for in roommates."

That involves posing questions in advance about whether they're a morning or night person, among the factors examined when matching roommates, Ryan said.

Whatever their personal habits and preferences, it's critical that students are upfront in their applications, said Linda Fiore, author of The College Roommate from Hell — Skills and Strategies for Surviving With a Problem Roommate (Atlantic Publishing).

THE CANADIAN PRESS

Tips

Things you can do to make your roommate relationship gets off on the right foot

- **Make contact** It's OK to have initial contact through email, roommates should try to chat by phone to get to know one another and to discuss expectations, habits, lifestyles and schedules.
- **Transition** Meeting up prior to school starting and move-in day can help ease potential awkwardness and may help make the transition to shared living smoother.
- **Planning ahead** Compare lists of things you plan to bring so that you don't end up with two microwaves or blenders in the room.

THE CANADIAN PRESS

"There's always the worry or concern or anxiety from the students, 'What if I don't like my roommate? What if we don't get along?'" D'ARCY RYAN, DIRECTOR OF RESIDENCE LIFE AT CONCORDIA UNIVERSITY

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Get along with your roommate by being honest.

4 sports

Kadri stays cool under criticism

Rookie takes GM's harsh words in stride, credits 'mental toughness'

Nazem Kadri knows he's on thin ice at the Toronto Maple Leafs' training camp, but the rookie centre isn't letting harsh criticism from general manager Brian Burke rattle him.

"You can't just melt when someone criticizes you," Kadri said yesterday at practice. "That's not the way to be, that's not being mentally tough. I think growing up, that's something that was (instilled) in me very early in my career. Mental toughness."

During a conference call Sunday evening, Burke said time was running out for the youngster to prove he belongs with the big team.

"When I get harped on, it really doesn't affect me," said the 19-year-old first-round draft pick. "If anything, it motivates me more."

Kadri was not slated to be in the lineup for Toronto's pre-season game last night against Buffalo and was put through a hard practice along with the other scratches.

"It was a pretty tough one," said Kadri. "Now I get what guys not playing go through."

It's an unfamiliar position for Kadri, who has been in the spotlight during Leafs training camp because of his struggles in the pre-season. Once "penciled" into the Leafs regular-season lineup by head coach Ron Wilson, it now appears as though he will start the year in the American Hockey League.

Fellow centre John Mitchell is also under the gun. The 25-year-old has spent the past two seasons with the Leafs but has failed to assert himself during training camp. He remains without a point in three exhibition games.

The main beneficiary so far appears to be Tim Brent, a journeyman with 300 AHL games on his resumé compared with just 19 in the NHL.

As it stands now, he appears to have the inside track on starting the season as the third-line centre. Brent lists his strengths as penalty killing, faceoffs and responsible play away from the puck.

THE CANADIAN PRESS

Top line clicks

The Toronto Maple Leafs still have some issues to iron out this pre-season, but at least they seem to have settled on a top line.

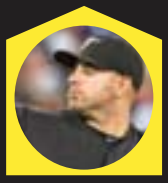
- Phil Kessel scored two more goals yesterday as the Maple Leafs registered a 5-4 exhibition victory over the Buffalo Sabres.
- The Leafs sniper has scored four times in three pre-season games, and seems to have found some chemistry with linemates Tyler Bozak and Kris Versteeg.

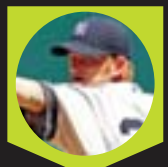
DAVID COOPER/TORSTAR NEWS SERVICE

▶ Nazem Kadri skates during practice yesterday.

Up and down

Marc Rzepczynski
The Blue Jays left-hander recorded eight consecutive outs by strikeouts last night in a 7-5 win over the New York Yankees.





A.J. Burnett
The former Jay gave up home runs to Vernon Wells, with a three-run shot, and John Buck, with a solo blast. Burnett is 0-3 with a 9.61 earned-run average against the Blue Jays this season.

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Post-Bosh era for Raptors set to commence

- Toronto begins training camp today without Chris Bosh's familiar face
- Though his departure leaves a void, it's created opportunity for some

CHRIS YOUNG/THE CANADIAN PRESS

▶ Brazilian guard Leandro Barbosa, acquired in the off-season by the Raptors, is pictured before he is interviewed by a television crew during the team's media day yesterday.

The biggest challenge facing the Toronto Raptors as they head into training camp is adjusting to life without Chris Bosh.

It won't be easy, but coach Jay Triano says his team will step up to fill the void.

The Raptors open camp today without the all-star forward, who joined the Miami Heat this summer after seven seasons in Toronto. Bosh's departure leaves a huge hole in the lineup as last season he averaged career bests of 24 points, 10.8 rebounds and 51.8 per cent shooting.

"It's going to be different obviously," Triano said yesterday during the team's media day.

"He was a guy who got 24 points a game for us.

"At the same time we're going to have a lot of guys that are going to look at that as an opportunity for them to step forward and see if they can show a little bit more of what they can do offensively."

Even with Bosh's brilliance, the Raptors posted a 40-42 record last season to miss the NBA playoffs for the second straight year and fifth time in seven years.

"I think we have a lot of players who can play, maybe we don't have that star role for somebody."
JOSE CALDERON

Toronto posted a team record-tying 29 wins heading into the all-star break and appeared poised to contend for a top-four finish in the Eastern Conference.

However, the team struggled with injuries down the stretch — including Bosh missing 12 of the club's final 30 games — and the Chicago Bulls (41-41) captured the eighth and final playoff spot, finishing one game ahead of the Raptors.

"He's gone so we just keep going, keep playing," veteran Andrea Bargnani said of Bosh. "We didn't come from a championship last year so we can still get better." THE CANADIAN PRESS

KEVIN C. COX/GETTY IMAGES

▶ Andrea Bargnani

Bargnani's team?

With Chris Bosh gone, the expectation is Andrea Bargnani will assume more of the offensive workload.

But Bargnani balked at the suggestion that the Raptors are his team now. He added a player has to receive that distinction from his teammates through dedication and hard work and not a mere public declaration before the start of training camp.

"This is the Raptors team," he said. "It's important to play as a team, to have great chemistry. That's important."

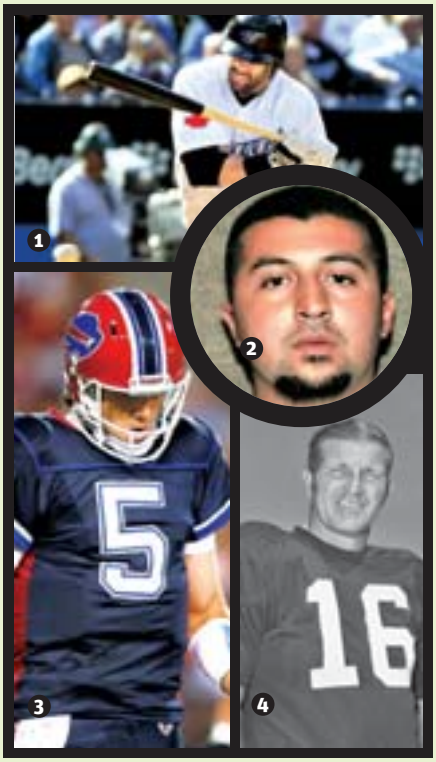
Raptors coach Jay Triano said Bargnani won't be asked to pick up the offensive slack with Bosh's departure, adding the Italian's continued development with Toronto will be measured by more than points. THE CANADIAN PRESS

17.2

Bargnani, the seven-foot Italian taken first overall by Toronto in the 2006 NBA draft, set career highs last year by averaging 17.2 points, 6.2 rebounds and 1.39 blocks in 80 games, all starts. He led the team in scoring 15 times last season.

Sports in pictures

PHOTOS
1. CHRIS YOUNG/THE CANADIAN PRESS
2. ORANGE COUNTY DISTRICT ATTORNEY/AP
3. ALEX BRANDON/THE ASSOCIATED PRESS
4. THE ASSOCIATED PRESS



1 Baltimore Orioles pitcher Alfredo Simon was suspended three games and manager Buck Showalter banned one contest for throwing at Toronto Blue Jays slugger Jose Bautista.

2 A jury found Andrew Gallo guilty of murder in the deaths of Los Angeles Angels pitcher Nick Adenhart and two others in a drunken-driving crash.

3 The Buffalo Bills released QB Trent Edwards in a surprise move that came a week after he lost the starting job for a second straight season.

4 George Blanda, the seemingly ageless Hall of Fame quarterback and kicker whose 26-year career was best remembered for a remarkable run of late-game theatrics with the Oakland Raiders, died yesterday. He was 83. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Tampa Bay	93	63	.596	—	—	5-5	L-2	48-31	45-32
New York	93	64	.592	½	—	4-6	L-1	52-29	41-35
Boston	87	69	.558	6	5½	5-5	W-1	44-34	43-35
Toronto	81	75	.519	12	11½	8-2	W-5	45-34	36-41
Baltimore	62	94	.397	31	30½	4-6	W-1	34-43	28-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	64	.590	—	—	4-6	L-4	52-25	40-39
Chicago	83	73	.532	9	9½	4-6	L-1	40-35	43-38
Detroit	80	76	.513	12	12½	8-2	L-1	52-29	28-47
Cleveland	66	91	.420	26½	27	5-5	W-4	36-43	30-48
Kansas City	64	92	.410	28	28½	4-6	W-1	35-40	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	87	69	.558	—	—	5-5	L-1	48-27	39-42
Oakland	77	78	.497	9½	15	5-5	L-3	47-34	30-44
Los Angeles	75	80	.484	11½	17	4-6	L-4	40-38	35-42
Seattle	60	96	.385	27	32½	5-5	W-2	35-42	25-54

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	94	63	.599	—	—	8-2	W-1	52-29	42-34
Atlanta	88	69	.561	6	—	5-5	W-1	53-23	35-46
Florida	77	79	.494	16½	10½	4-6	L-2	38-39	39-40
New York	76	79	.490	17	11	4-6	W-2	44-30	32-49
Washington	67	90	.427	27	21	5-5	L-1	40-39	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	87	69	.558	—	—	4-6	W-1	45-30	42-39
St. Louis	81	75	.519	6	6½	5-5	W-2	47-28	34-47
Houston	74	82	.474	13	13½	4-6	L-2	41-37	33-45
Milwaukee	73	82	.471	13½	14	6-4	W-1	40-41	33-41
Chicago	70	85	.452	16½	17	6-4	L-1	35-46	35-39
Pittsburgh	55	101	.353	32	32½	7-3	L-1	40-41	15-60

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	88	68	.564	—	—	6-4	W-1	45-30	43-38
San Diego	87	68	.561	½	—	5-5	L-1	44-33	43-35
Colorado	83	73	.532	5	4½	3-7	L-2	52-27	31-46
Los Angeles	76	81	.484	12½	12	4-6	W-1	43-35	33-46
Arizona	64	92	.410	24	23½	6-4	W-2	40-41	24-51

x-clinched division

AMERICAN LEAGUE

Last night's results
Toronto 7 N.Y. Yankees 5
Cleveland 6 Detroit 3
Baltimore 4 Tampa Bay 0
Seattle 7 Texas 5
Boston 6 Chicago White Sox 1
Kansas City 10 Minnesota 8
Oakland at L.A. Angels

Sunday's results
Toronto 5 Baltimore 2
Cleveland 5 Kansas City 3
Detroit 5 Minnesota 1
Seattle 6 Tampa Bay 2
Chicago White Sox 4 L.A. Angels 3
Texas 16 Oakland 9
N.Y. Yankees 4 Boston 3 (10 ings.)

Tonight's games
(All times Eastern)
Detroit (Scherzer 12-10) at Cleveland (Talbot 9-13), 7:05 p.m.
N.Y. Yankees (Sabathia 20-7) at Toronto (Drabek 0-2), 7:07 p.m.
Baltimore (Bergesen 8-10) at Tampa Bay (Price 18-6), 7:10 p.m.
Seattle (F.Hernandez 12-12) at Texas (Feldman 7-10), 8:05 p.m.
Boston (Lackey 13-11) at Chicago White Sox (E.Jackson 3-2), 8:10 p.m.
Minnesota (Blackburn 10-10) at Kansas City (O'Sullivan 3-6), 8:10 p.m.
Oakland (Braden 10-13) at L.A. Angels (Haren 3-4), 10:05 p.m.

NATIONAL LEAGUE

Last night's results
Philadelphia 8 Washington 0
Atlanta 2 Florida 1 (11 ings.)
Milwaukee at New York (ppd., rain)
St. Louis 6 Pittsburgh 4
L.A. Dodgers 3 Colorado 1
Chicago Cubs at San Diego

Sunday's results
Washington 4 Atlanta 2
Pittsburgh 9 Houston 3
N.Y. Mets 7 Philadelphia 3
Milwaukee 7 Florida 1
St. Louis 8 Chicago Cubs 7
San Francisco 4 Colorado 2
Cincinnati 12 San Diego 2
Arizona 5 L.A. Dodgers 4

Tonight's games
(All times Eastern)
Philadelphia (Oswalt 13-13) at Washington (Marquis 2-9), 7:05 p.m.
Florida (Ani.Sanchez 12-11) at Atlanta (T.Hudson 16-9), 7:10 p.m.
Houston (W.Rodriguez 11-12) at Cincinnati (Volquez 4-3), 7:10 p.m.
Milwaukee (Gallardo 14-7) at N.Y. Mets (Niese 9-10), 7:10 p.m.
Pittsburgh (Burres 3-4) at St. Louis (Suppan 2-7), 8:15 p.m.
L.A. Dodgers (Kuroda 11-13) at Colorado (Francis 4-6), 8:40 p.m.
Chicago Cubs (Dempster 14-11) at San Diego (Latos 14-8), 10:05 p.m.
Arizona (R.Lopez 7-14) at San Francisco (J.Sanchez 11-9), 10:15 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	93	64	.592	-
Boston	87	69	.558	5.5

NATIONAL LEAGUE

	W	L	Pct	GB
San Diego	87	68	.561	-
Atlanta	87	69	.558	0.5
Colorado	83	73	.532	4.5
St. Louis	81	75	.519	6.5

AMERICAN LEAGUE

BLUE JAYS 7, YANKEES 5

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	5	1	1	0	Snider lf	3	2	2	0
Swisher rf	4	1	1	0	YEscor ss	2	1	0	0
Teixeir 1b	5	1	2	3	JBautst rf	4	0	0	1
ARdrgz 3b	4	0	0	0	V.Wells cf	4	1	3	3
Cano 2b	4	0	1	0	Overay 1b	3	1	1	0
Thams dh	4	0	1	0	J.Buck c	4	2	2	2
Kearns lf	3	1	2	0	Lind dh	4	0	1	0
Gmdrs cf	4	1	1	2	Encrnc 3b	3	0	0	1
Cervelli c	2	0	0	0	JMcDnl 2b	3	0	0	0
Posada ph-c	1	0	0	0					
Totals	**36**	**5**	**9**	**5**	**Totals**		**30**	**7**	**9** **7**

New York	000	020	300 — 5
Toronto	115	000	00x — 7

E—Encarnacion (17). DP—New York 1, Toronto 1. LOB—New York 7, Toronto 4. 2B—Snider 2 (20), V.Wells (42), Overbay (36). HR—Teixeira (33), Granderson (24), V.Wells (31), J.Buck (19). SF—Encarnacion.

	IP	H	R	ER	BB	SO
New York						
A.J.Burnett L,10-15	2 1-3	7	7	7	1	1
Albaladejo	1 2-3	0	0	0	1	0
Moseley	2	1	0	0	1	2
D.Robertson	1 1-3	1	0	0	0	0
Logan	1-3	0	0	0	0	0
Gaudin	1-3	0	0	0	0	0
Toronto						
Rzepczynski W,3-4	5	4	2	2	3	9
Tallet	1 1-3	4	3	3	0	3
Roenicke H,2	1-3	0	0	0	0	0
Carlson H,1	1-3	1	0	0	0	0
S.Downs H,25	1	0	0	0	0	2
Gregg S,36-41	1	0	0	0	0	0

T—2:48. A—16,004 (49,539) at Toronto.

SOCCER

MLS

Tomorrow's games
(All times Eastern)
Philadelphia at Colorado, 9 p.m.
Chicago at San Jose, 11 p.m.

Saturday's games
Toronto FC at Seattle, 3:30 p.m.
Houston at Philadelphia, 4 p.m.
San Jose at Columbus, 7:30 p.m.
Real Salt Lake at New England, 7:30 p.m.
Kansas City at New York, 7:30 p.m.
Chicago at FC Dallas, 8:30 p.m.
D.C. United at Colorado, 9 p.m.

Sunday's game
Los Angeles at Chivas USA, 8 p.m.

SPAIN

LA LIGA

Yesterday's result
Malaga 2 Villarreal 3

PORTUGAL

LIGA

Yesterday's result
Setubal 1 Pacos Ferreira 0

GOLF

WORLD RANKING

THROUGH SEPT. 26

1. Tiger Woods	USA	9.04
2. Phil Mickelson	USA	8.58
3. Lee Westwood	Eng	8.50
4. Steve Stricker	USA	7.82
5. Jim Furyk	USA	7.60
6. Martin Kaymer	Ger	7.10
7. Paul Casey	Eng	6.24
8. Luke Donald	Eng	5.90
9. Rory McIlroy	NIr	5.67
10. Ernie Els	SAf	5.48
11. Matt Kuchar	USA	5.35
12. Dustin Johnson	USA	4.98
13. Graeme McDowell	NIr	4.86
14. Hunter Mahan	USA	4.76
15. Edoardo Molinari	Ita	4.73
16. Ian Poulter	Eng	4.72
17. Retief Goosen	SAf	4.60
18. Anthony Kim	USA	4.17

NHL

PRE-SEASON

Last night's results
Toronto 5 Buffalo 4
Montreal 6 Florida 2
Nashville 2 Atlanta 1

Tonight's games
(All times Eastern)
Buffalo vs. Ottawa (at Dundas, Ont.), 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Washington, 7 p.m.
Chicago at Pittsburgh, 7 p.m.
Minnesota at Columbus, 7 p.m.
Dallas at Colorado, 9 p.m.
Phoenix at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Anaheim at Los Angeles, 10:30 p.m.

LEAFS 5, SABRES 4

First Period
1. Buffalo, Stafford 1 (Roy, Leopold) 4:00 (pp)
2. Toronto, Kessel 3 (Phaneuf, Versteeg) 5:45 (pp)
3. Toronto, Kessel 4 (Bozak, Versteeg) 14:53

Penalties — Tor bench (too many men; served by MacArthur) 3:30; Sekera Buf (delay of game) 5:00.

Second Period
4. Buffalo, Gerbe 1 (Roy, Stafford) 3:38 (pp)
5. Toronto, Kulemin 3 (Grabovski, MacArthur) 8:36
6. Buffalo, Leopold 1 (Roy, Stafford) 15:11

Penalties — Komisarek Tor (tripping) 2:10; Gaustad Buf (roughing), Orr Tor (roughing, goaltender interference) 17:18.

Third Period
7. Toronto, Hanson 1 (Orr, Phaneuf) 9:55
8. Toronto, Kulemin 4 (MacArthur, Grabovski) 11:00
9. Buffalo, Gerbe 2, 12:08 (PS)

Penalty — Grabovski Tor (holding) 4:24.

Shots on goal by

Buffalo	11	13	15	39
Toronto	14	16	8	38

Goalies (shots-saves) — Buffalo: Lalime (21-18), Enroth (10:05 second) (17-15); Toronto: Gustavsson. **Power plays (goals-chances)** — Buffalo: 2-4; Toronto: 1-1.

Attendance — 18,096 at Toronto.

CANADIENS 6, PANTHERS 2

First Period
1. Florida, Booth 3 (Wideman, Weiss) 8:32 (pp)
2. Montreal, Spacek 1 (Eller, Cammalleri) 15:57
3. Montreal, Plekanec 3 (Weber) 18:29 (sh)

Penalties — Subban Mtl (kneeing) 0:47; Frolik Fla (slashing) 2:34; Ellerby Fla (elbowing) 3:27; Henry Mtl (high-sticking) 8:14; Lapierre Mtl (holding stick) 13:23; Subban Mtl (cross-checking) 17:38.

Second Period
No Scoring.

Penalties — Duco Fla (hooking) 3:27; Duco Fla, White Mtl (fighting) 10:11; Maxwell Mtl (interference) 13:22; Henry Mtl (tripping) 15:37; McCabe Fla (holding) 17:16.

Third Period
4. Montreal, Pyatt 1 (Maxwell, Weber) 0:44
5. Montreal, Plekanec 4 (Eller, Cammalleri) 3:47
6. Montreal, White 2 (Engqvist) 4:29
7. Florida, Weiss 1 (Booth, Wideman) 18:07 (pp)
8. Montreal, Cammalleri 1 (Eller, Gorges) 19:27

Penalties — McArdle Fla (double roughing), Pouliot Mtl (roughing) 5:08; Allen Fla (interference) 7:28; Allen Fla (cross-checking), Subban Mtl (diving) 10:01; Duco Fla, White Mtl (game misconduct, fighting), Gudbranson Fla (misconduct, fighting), Florida bench (abuse of officials; served by Dadonov), Moen Mtl (misconduct, boarding, fighting) 12:47; Ellerby Fla (roughing, fighting), Dumont Mtl (fighting) 13:08; Repik Fla (hooking) 14:44; Spacek Mtl (tripping) 17:44.

Shots on goal by

Florida	7	8	6	21
Montreal	12	10	13	35

Goal (shots-saves) — Florida: Vokoun: (L,1-1-0)(22-20), Markstrom (start third, 13-9); Montreal: Price (W,1-2-0)(21-19). **Power plays (goals-chances)** — Florida: 2-7; Montreal: 0-8.

Attendance — 21,273 (21,273) at Montreal

NFL

WEEK 3

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	68	47
Miami	2	1	0	.667	52	51
New England	2	1	0	.667	90	82
Buffalo	0	3	0	.000	47	87

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	1	2	0	.333	72	61
Denver	1	2	0	.333	61	65
Oakland	1	2	0	.333	52	76

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	1	0	.667	83	62
Washington	1	2	0	.333	56	67
Dallas	1	2	0	.333	54	53
N.Y. Giants	1	2	0	.333	55	85

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	2	1	0	.667	77	46
New Orleans	2	1	0	.667	63	58
Tampa Bay	2	1	0	.667	50	59
Carolina	0	3	0	.000	32	71

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	0	0	1.000	66	51
Green Bay	2	1	0	.667	78	47
Minnesota	1	2	0	.333	43	38
Detroit	0	3	0	.000	56	78

WEST

	W	L	T	Pct	PF	PA
Seattle	2	1	0	.667	72	57
Arizona	2	1	0	.667	48	77
St. Louis	1	2	0	.333	57	49
San Francisco	0	3	0	.000	38	87

Last night's result
Chicago 20 Green Bay 17

Sunday's results
Atlanta 27 New Orleans 24 (OT)
Baltimore 24 Cleveland 17
Cincinnati 20 Carolina 7
Dallas 27 Houston 13
Kansas City 31 San Francisco 10
Minnesota 24 Detroit 10
New England 38 Buffalo 30
Pittsburgh 38 Tampa Bay 13
Tennessee 29 N.Y. Giants 10
St. Louis 30 Washington 16
Philadelphia 28 Jacksonville 3
Seattle 27 San Diego 20
Arizona 24 Oakland 23
Indianapolis 27 Denver 13
N.Y. Jets 31 Miami 23

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	12	9	3	0	388	290	18
Hamilton	12	6	6	0	295	318	12
Toronto	12	6	6	0	243	317	12
Winnipeg	12	3	9	0	331	333	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	406	274	18
Saskatchewan	12	8	4	0	353	329	16
B.C.	12	4	8	0	308	305	8
Edmonton	12	3	9	0	224	378	6

x — clinched playoff berth.

Sunday's result
At Moncton, N.B.
Edmonton 24 Toronto 6

WEEK 14

Friday's game
(All times Eastern)
Montreal at Calgary, 9 p.m.

Saturday's games
Saskatchewan at Toronto, 3 p.m.
Winnipeg at B.C., 10 p.m.

Sunday, Oct. 3
Hamilton at Edmonton, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Suspended Baltimore RHP Alfredo Simon for three games and fined him an undisclosed amount for intentionally throwing a pitch at Jose Bautista in a Sept. 26 game at Toronto. Suspended Baltimore manager Buck Showalter for one game and fined him an undisclosed amount for Simon's intentional actions following the warning. Fined Toronto RHP Shaun Marcum an undisclosed amount for intentionally throwing a pitch at Baltimore's Luke Scott.

BASKETBALL

NBA

DALLAS MAVERICKS—Signed F Brian Cardinal, G Dee Brown and G Adam Haluska.
GOLDEN STATE WARRIORS—Named Keith Smart coach.
LOS ANGELES CLIPPERS—Signed C Jarron Collins, C Jake Voskuhl, F Marqus Blakely, G Stephen Dennis and G Jon Scheyer.

FOOTBALL

NFL

LEAGUE OFFICE—Suspended Miami DT Tony McDaniel one game for violating the NFL's personal conduct policy.
ARIZONA CARDINALS—Re-signed WR Onrea Jones. Released CB A.J. Jefferson. Released RB Ian Johnson from the practice squad.
BUFFALO BILLS—Released QB Trent Edwards.
CHICAGO BEARS—Waived G Johan Asiata. Signed OL Edwin Williams from the practice squad.
JACKSONVILLE JAGUARS—Released DB Michael. Re-signed S Gerald Alexander, TE Ernest Wilford. Waived QB Brett Ratliff from the practice squad.
SAN FRANCISCO 49ERS—Fired offensive coordinator Jimmy Raye. Promoted quarterbacks coach Mike Johnson to offensive coordinator and offensive assistant Jason Michael to quarterbacks coach.

HOCKEY

NHL

BUFFALO SABRES—Returned D Mark Pysyk, F Corey Fienhage, F Kevin Sundher, F Steven Shipley, F Gregg Sutch, F Cedrick Henley, F Riley Boychuk, D Jerome Gauthier-Leduc and D Matt MacKenzie to their junior teams. Released G Zane Kalemba.
CHICAGO BLACKHAWKS—Assigned F Evan Brophey and F Jeff Taffe to Rockford (AHL). Assigned G Cristobal Huet to HC Fribourg-Gotteron SA (Swiss National League A).
LOS ANGELES KINGS—Assigned D Andrew Campbell, D Johan Fransson, D Alec Martinez and C Oscar Moller to Manchester (AHL).
MINNESOTA WILD—Reassigned F Cody Almond, F Colton Gillies, F Carson McMillan, F Chad Rau, D Tyler Cuma, D Jamie Fraser, D Maxim Noreau, D Nate Prosser, D Jared Spurgeon and G Matt Hackett to Houston (AHL). Waived F Jon DiSalvatore, F Robbie Earl, F Peter Kalus and F Warren Peters.
MONTREAL CANADIENS—Returned F Louis Leblanc to Montreal (QMJHL) and D Jarred Tinordi to London (OHL). Assigned G Robert Mayer, D Frederic St-Denis, F Andrew Conboy, F Olivier Fortier, F Dany Masse, F Aaron Palushaj, F J.T. Wyman, D Sebastien Bisaillon, D Marc-Antoine Desnoyers, D Kyle Klubertanz, D Brendon Nash, D Neil Petruic, D David Urquhart, F Alexander Avtsin, F Jimmy Bonneau and F Ian Shultz to Hamilton (AHL).
NASHVILLE PREDATORS—Assigned F Blake Geoffrion to Milwaukee (AHL).
NEW YORK RANGERS—Assigned G Chad Johnson, D Wade Redden, F Dane Byers, F Evgeny Grachev, F Kris Newbury, F Dale Weise, F Jeremy Williams and F Mats Zuccarello to Hartford (AHL). Released D Garnet Exelby, D Brandon Manning and D Alexei Semenov.
PHOENIX COYOTES—Assigned D Jonas Ahnelov, RW Matt Beaudoin, G Matt Climie, LW Ryan Hollweg, C Bracken Kearns, LW Josh Lunden, LW Brett MacLean, G Al Montoya, LW Alexander Picard, LW Blair Riley, D Garrett Stafford, D Michael Stone, D Chris Summers and D Nolan Yonkman to San Antonio (AHL). Returned D Brandon Gormley to Moncton (QMJHL).
ST. LOUIS BLUES—Assigned D Dean Arsene, D Brennan Evans, F Adam Cracknell, F Graham Mink, F Ryan Reaves, F Brett Sonne and F David Spina to Peoria (AHL).
VANCOUVER CANUCKS—Assigned D Nolan Baumgartner, C Mario Bliznak, D Kevin Connauton, D Evan Oberg, LW Prab Rai, C Jordan Schroeder, D Chris Tanev, F Aaron Volpatti, D Sean Zimmerman and D Travis Ramsey to Manitoba (AHL).
WASHINGTON CAPITALS—Signed F Matt Hendricks to a one-year contract. Assigned F Francois Bouchard, D Sean Collins, F Kyle Greentree, D Grant McNeill, D Zach Miskovic and F Brian Willsie to Hershey (AHL).

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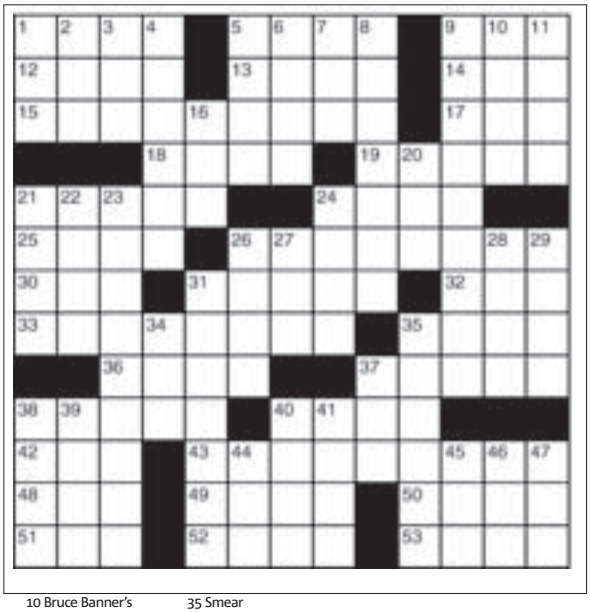
Crossword



Across

1 Huck Finn's carrier
5 Staff leader?
9 Half a dance
12 Look lasciviously
13 Peru's capital
14 Communal pronoun
15 Aplenty
17 Last (Abbr.)
18 Nitwit
19 Long and lean
21 Aden's land
24 Brewer's oven
25 Smell
26 People on parade
30 Actress Lucy
31 Sweetheart
32 Buck's mate
33 Noted TV documentarian
35 Wild hog
36 Istanbul resident
37 Redhead's secret?
38 Thorax
40 High-decibel
42 Smack
43 Water sources
48 Hostel
49 Incite
50 Eye layer
51 Sch. org.
52 Privation
53 Gridlock noise

Down

1 Filch
2 Past
3 Winter woe
4 Sore
5 Movie sample
6 A bowl of cherries?
7 Ostrich's cousin
8 Mistaken idea
9 Anticipated
10 Bruce Banner's alter ego
11 Bohemian
16 Heavy weight
20 Fire residue
21 Egg center
22 Falco or McClurg
23 Sicilian spouter
24 Raw minerals
26 TV alien
27 Curry of NBC News
28 Horse of a different color?
29 Antitoxins
31 Injurious
34 Urban transport
35 Smear
37 Islander's home
38 Intel product
39 Suggestion
40 Drags along
41 Change for a five
44 Acapulco gold
45 "— Got a Secret"
46 Born
47 Potential syrup

▶ Yesterday's answer

Sudoku

		8		7		3	2	
9	3		6				5	
		4			1			
		2		8				
8		6				1		4
				9		5		
			9			2		
	1				7		3	8
	4	5		6		7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	8	4	7	9	3	2	1
9	3	1	6	2	8	4	5	7
7	2	4	3	5	1	8	9	6
1	5	2	7	8	4	9	6	3
8	9	6	2	3	5	1	7	4
4	7	3	1	9	6	5	8	2
6	8	7	9	1	3	2	4	5
2	1	9	5	4	7	6	3	8
3	4	5	8	6	2	7	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy Birthday Boyfriend! It's hard to believe it's already been a year since you turned a 'half a century.' I'm so glad we've spent it together and excited for the ones to come. Je t'adore :)
YOUR SNUGGLEMONSTER

Muffin, I just wanted you to know how much I truly do love you.
YOUR SHNUGGLE-BUNNY

Jenny, LIFE is what you make it and I hope you still want to make a LIFE with Me, Your Pooh Bear Paul. I Love You with all of me after all this time. Forever Yours and Longer
PAUL XOXO

Jonathan, you always make me smile every day. happy anniversary! i can't wait to see you today.i love you soooooo much my sweetheart.
ILIANA M.

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 What you are proposing may be in everyone's best interests but for some strange reason certain individuals won't go along with your plan.

♉ Taurus April 21-May 21 If you insist on your plans being perfect before you embark on them then most likely you will never get started. The ideal moment will never arrive.

♊ Gemini May 22-June 21 Being the contrary person you are you will take a perverse delight in doing the opposite of what others are expecting of you.

♋ Cancer June 22-July 22 YSo many people are telling you that you are following the wrong course, but you know what you are doing even if they are too blind to see it. Always listen to your inner voice and always act on what it tells you — especially today.

♌ Leo July 23-Aug.23 You want your ideas to be taken seriously but that will only happen when you are clear in your own mind what it is you believe in.

♍ Virgo Aug. 24- Sept. 22 Don't sit around waiting for other people to make you happy – make yourself happy by the things that you choose to do.
.

♎ Libra Sept. 23-Oct. 23 Everyone seems to be watching you at the moment. You can feel the eyes on your back wherever you go.

♏ Scorpio Oct. 24-Nov. 22 Do you work harder than ever or do you slow down a bit and enjoy your leisure time? The planets say you should be winding down and giving your mind and your body time to recover from recent exertions.

♐ Sagittarius Nov. 23-Dec. 21 By all means move ahead with a creative project of some kind but do you really need to commit such large chunks of your time and money to it? The planets urge you to keep it simple.

♑ Capricorn Dec. 22-Jan. 20 You may be incredibly busy at the moment but you must still make time for the things that really matter, such as your family and your romantic relationships.

♒ Aquarius Jan. 21-Feb. 18 It's rare for you to change the way you look at the world, but something will happen today that causes you to question your belief system. Could it be that reality is not what you thought it was? Then what is it? Find out.

♓ Pisces Feb. 19-March 20 Try not to get too excited about a money or business matter today, because if you allow yourself to get carried away you could make a costly mistake, one that will only become apparent when the Sun aspects Saturn at the end of the week.
SALLY BROMPTON

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LAI SENG SIN/THE ASSOCIATED PRESS

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TRYP Cayo Coco • 4★

All-Inclusive • Standard rm.
Oct. 9 & 16 • 1 wk.

$379
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

Santa Clara

Meliá Las Dunas • 4★

All-Inclusive • Standard rm.
Oct. 9 & 16 • 1 wk.

$489
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm.
Nov. 1, 2, 4, 5, 8–12, 15–18 & 22–30
1 wk.

PRIVILEGES
$849
+Taxes & other fees (including service charges): $287

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe El Portillo • 4 1/2★

All-Inclusive • Standard rm.
Oct. 3–24 • 1 wk.

PRIVILEGES
$499
+Taxes & other fees (including service charges): $316

SAINT LUCIA

Bay Gardens Inn • 2 1/2★

Standard rm.
Oct. 9–24 • 1 wk.

$779
+Taxes & other fees (including service charges): $232

The Village Inn & Spa • 3★

All-Inclusive
Standard rm.
Oct. 9–31 • 1 wk.

$1099
+Taxes & other fees (including service charges): $232

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★

All-Inclusive • Deluxe rm.
Dec. 12 • 1 wk.

$659
+Taxes & other fees (including service charges): $295

COSTA RICA

Liberia

Occidental Grand Papagayo • 4 1/2★

All-Inclusive • Deluxe rm.
Nov. 7, 21 & 28 • 1 wk.

$999
+Taxes & other fees (including service charges): $214
Departure tax: 26 USD cash, paid locally

BAHAMAS

Great Exuma

Grande Isle Resort & Spa • 4★

Continental breakfast
One-bedroom villa garden view
Nov. 7–29 • 1 wk.

$1369
+Taxes & other fees (including service charges): $206

USA

ARIZONA | Phoenix

Hotel Indigo Scottsdale • 3★

Continental breakfast
Standard rm.
Nov. 1–30 • 3 nts.

$649
+Taxes & other fees (including service charges): $138

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Jan. 9 • 1 wk.

$1059
+Taxes & other fees (including service charges): $284

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DOMINICAN REPUBLIC

Punta Cana

Gran Bahia Principe Punta Cana • 4 1/2★

All-Inclusive • Junior suite
Oct. 2 • 1 wk.

$469
+Taxes & other fees (including service charges): $316

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★

All-Inclusive • Standard rm.
Dec. 29 • 1 wk.

$1629
+Taxes & other fees (including service charges): $295

Gran Bahia Principe Tulum

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